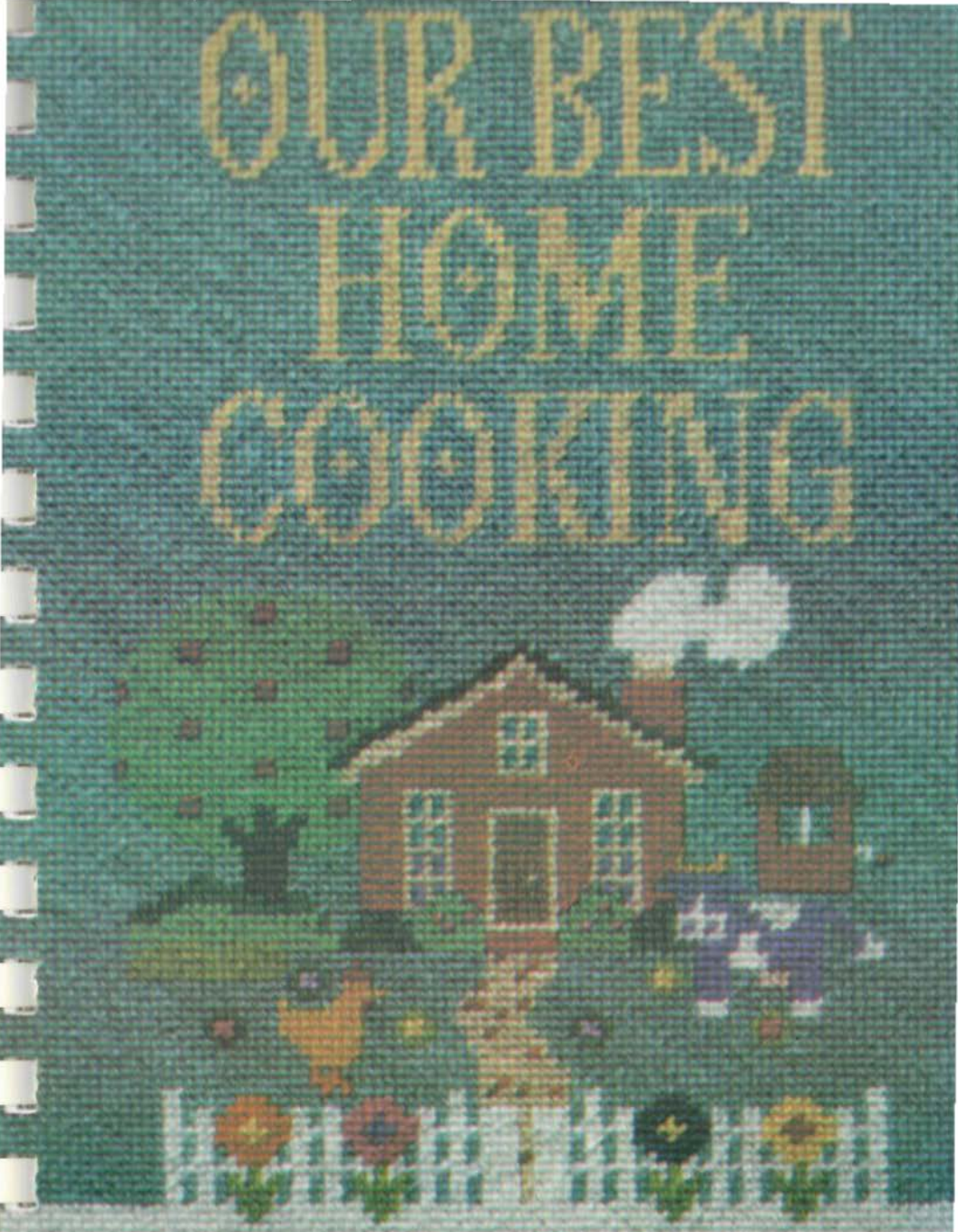
OUR BEST HOME COOKING



Ste. Anne Circle #545
Daughters of Isabella

Unity – Friendship – Charity

Ste. Anne Circle #545

East Millinocket, Maine

Meeting First Wednesday of the Month
At St. Peter's Parish Center
at 7:00 p.m.

DEDICATION

We dedicate this book to all living and deceased members of Ste. Anne Circle #545, Daughters of Isabella. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we have compiled these recipes. Some of the recipes are treasured family keepsakes and some are new; however, they all reflect the love of good cooking.

We hope you will enjoy the many outstanding and treasured recipes on the pages that follow.

1997-1999

Regent.....Nancy A. Raymond
Vice Regent.....Teresa Surrette
Past Regent.....Esther Morris
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First Guide.....Alfreda Daigle
Second Guide.....Kim Gagnon
Inner Guard.....Mary Giberson
Outer Guard.....Lorraine Morin
Musician.....Madeline McMahone

Expression of Appreciation

Ste. Anne Circle #545 would like to thank and express our sincere appreciation to all the members of our circle, who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help, this book would not have been possible.

The Cookbook Committee

Linda Madore, Co-Chair
Nancy Raymond, Co-Chair
Teresa Surrette
Mae Gallant
Esther Morris
Kathleen Albert
Mary Morin
Joanne Farmer

TABLE OF CONTENTS

Appetizers, Relishes & Pickles 1

Soups, Salads & Sauces 9

Meats & Main Dishes 25

Vegetables 51

Breads, Rolls & Pastries 59

Cakes, Cookies & Desserts 81

Beverages, Microwave & Miscellaneous 137

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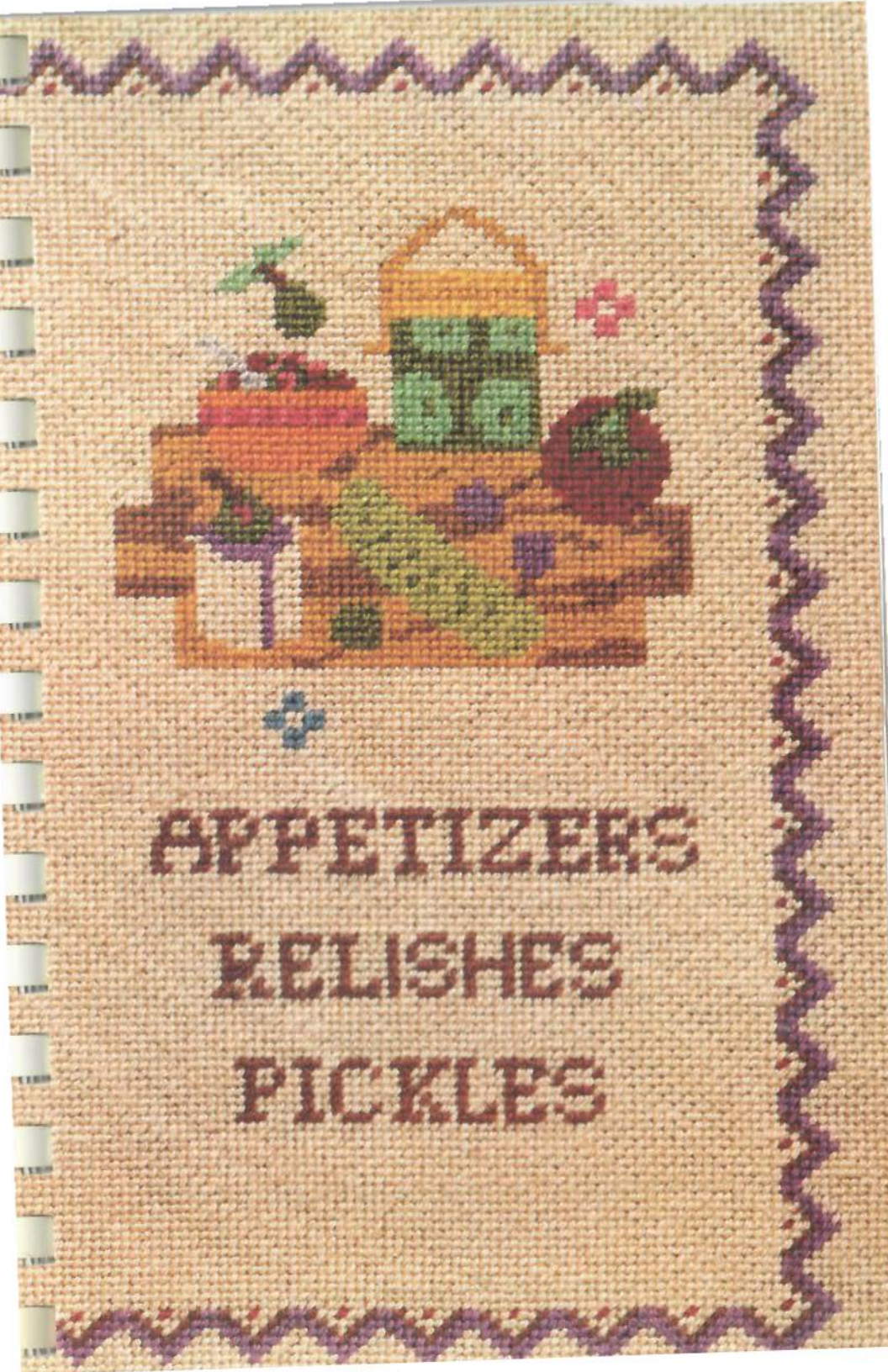
APPETIZERS
RELISHES
PICKLES

Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut, raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.

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APPETIZERS, RELISHES & PICKLES

MARY MACDONALD'S GREEN TOMATO PICKLES

½ bu. green tomatoes, sliced
onions, sliced
salt
green peppers to taste
3 qt. vinegar
5 c. brown sugar
1 tsp. cloves
1 tsp. cinnamon
1 tsp. nutmeg
3 tsp. dry mustard

Layer tomatoes alternately with onions. Cover with salt. Let set 24 hours. Drain and add green peppers to taste. Add vinegar, brown sugar, cloves, cinnamon, nutmeg and mustard. Cook gently, stirring often for 1 hour and bottle.

Mary E. MacDonald
Charter Member, Deceased

MARY MACDONALD'S MUSTARD PICKLES

1 qt. each: small cukes (large ones sliced small), onions, green tomatoes and cauliflower

Brine:

4 qt. water
1 pt. salt

Paste:

3 c. sugar (brown is best)
1 c. flour
6 Tbsp. mustard
1 Tbsp. turmeric
vinegar (cold)

Pour brine over the vegetables and let set overnight. In morning, set on stove and scald until tomatoes are cooked, then drain.

Paste: Mix vinegar with sugar, flour, mustard and turmeric to make a paste. Heat enough vinegar to make 2 quarts. Cook until smooth and add vegetables. Heat through and bottle.

(You can put small onions, cauliflower or whatever you like in them.)

Mary E. MacDonald
Charter Member, Deceased

CINNAMON DIP

1 c. sour cream
½ tsp. cinnamon
2 Tbsp. sugar
⅛ tsp. nutmeg

Blend all together. Serve with fruit.

Pamela White
Past Regent

SHRIMP DIP

1 can shrimp (use juice)
8 oz. cream cheese
garlic salt or powder
seasoned salt
Worcestershire sauce

Mix well. Very good.

Mamie Daigle

TACO DIP

8 oz. cream cheese
1 c. sour cream
1 pkg. taco mix (dry)
1 c. shredded Cheddar cheese
1 c. shredded lettuce
1 c. well drained, diced tomato

Blend cream cheese, sour cream and taco mix until smooth. Spread on a platter. When ready to serve, top with Cheddar cheese, next 1 cup shredded lettuce and lastly, well drained diced tomato. Serve with corn tortillas.

Teresa Surrette

SPINACH DIP

1 pkg. original Ranch party dip
1 pt. sour cream
1 (10 oz.) pkg. frozen spinach, thawed and drained
1 (8 oz.) can water chestnuts, chopped

Combine the dip and sour cream. Add spinach and water chestnuts. Serve with Sour Bread Dough Ring.

Laurie Jamo

ROASTED RED PEPPER AND ONION DIP

1 envelope Lipton Recipe Secrets onion soup mix
1 (16 oz.) container regular or light sour cream
1 (7 oz.) jar roasted red peppers, drained and chopped

In small bowl, blend all ingredients. Chill at least 2 hours. Serve with your favorite dippers. Makes 2 cups.

Kim Gagnon

CRUNCHY CHEESE BALL

1 (8 oz.) pkg. cream cheese, softened
¼ c. mayo
2 c. ground, cooked ham or 2 cans Hormel ham
2 Tbsp. parsley
1 tsp. minced onion
¼ tsp. dry mustard
½ c. chopped peanuts

Mix all but peanuts. Chill several hours. Form ball. Roll in peanuts.

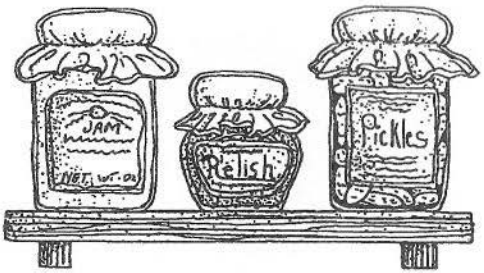
Kim Gagnon

LULA PASTE
(Dip)

1 egg, beaten
1 Tbsp. white vinegar
1 Tbsp. sugar
1 Tbsp. water
½ tsp. salt
8 oz. cream cheese
2 heaping tsp. pimento
2 heaping tsp. onion
2 heaping tsp. green pepper

Mix first 5 ingredients to form scrambled eggs. Add rest of ingredients. Set overnight.

Kim Gagnon



SALSA

12 little hot peppers or jalapenos, cut up (wear gloves)
6 large onions
3 large peppers
15 large green tomatoes
12 tsp. salt
6 tsp. garlic
6 Tbsp. vinegar
zucchini (optional)
12 c. red tomatoes, chopped (not fine)
4 big cans tomato paste

Chop the peppers, onions, green tomatoes and garlic. Throw in pot, then add the red tomatoes. Cook 2 to 3 hours, then add the tomato paste to thicken. Put in jars. Hot water bath for 30 to 40 minutes. Makes 7 quarts.

Note: Add tomato paste the last ½ hour to thicken. Can shut burner and keep on stove overnight to thicken better.

Kim Gagnon

MARIE LYONS' PICKLED BEETS

beets
1 qt. vinegar
1 pt. sugar
1 Tbsp. white mustard seed
1 Tbsp. cinnamon
1 tsp. salt
1 tsp. allspice
1 tsp. cloves

Clean and wash beets, leaving all the tail and more than an inch of the top on. Boil these until tender.

White the beets are cooking, boil for 3 minutes the remaining ingredients. When beets are tender, slip off skins. Cover with the above mixture and simmer 15 minutes. Put in clean, hot bottles.

Marie Lyons
Charter Member, Deceased

BURPLESS FREEZER PICKLES

2 qt. sliced "cukes" (burpless or regular)
2 Tbsp. salt
1 or 2 slices onions
1 ½ c. sugar
½ c. vinegar
celery seed
mustard seed

Wash cucumbers and slice them, unpeeled. Place cucumbers, salt and onions in a pan or bowl. Let stand 2 hours.

Boil sugar and vinegar in a pan until sugar is dissolved. Add seeds and spices. Drain cukes; squeeze out excess juice and place in two 1 ½-pint freezer boxes. Pour syrup over cukes. Freeze. When thawed, they will deep indefinitely in the refrigerator.

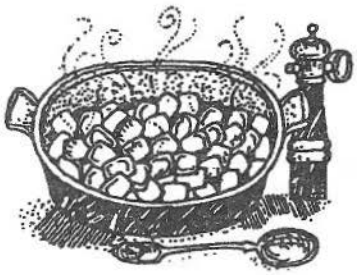
Priscilla Collinsworth
Past Regent

GREEN TOMATO PICKLES
(Sweet Slice)

sliced green tomatoes
salt
12 large onions, sliced
6 red peppers, chopped
1 c. brown sugar (more if desired)
1 Tbsp. allspice
1 Tbsp. cinnamon
1 tsp. cloves
1 qt. vinegar

Slice the tomato the night before pickling. Sprinkle lightly with salt. In the morning, drain of liquid. Slice onions. Take a large granite kettle and put in a layer of sliced tomatoes and a layer of onions. Between each layer, sprinkle the peppers sugar and spices. Turn over 1 quart of vinegar. Cook until tender.

Rella Chesley



CORN RELISH

4 c. fresh corn
4 c. chopped green peppers
2 c. chopped onion
2 c. chopped cucumber
4 c. chopped, ripe tomatoes
4 c. vinegar
2 c. sugar
¼ c. salt
2 Tbsp. celery seed
1 Tbsp. mustard seed
1 Tbsp. turmeric

Combine vegetables; add remaining ingredients. Heat to boiling point. Simmer 25 minutes. Add 6 heaping tablespoons of flour. When done, seal hot.

Anna Bouchard
Charter Member, Deceased

BREAD AND BUTTER PICKLES

24 medium cucumbers
3 Tbsp. salt
10 onions
1 tsp. celery seed
1 tsp. mustard seed
1 tsp. turmeric
1 qt. vinegar
3 or 4 green peppers

Cut cukes, onions and peppers into small pieces and sprinkle with salt, then let stand 3 hours and add other ingredients. Cook until mixture has boiled well, 10 to 20 minutes. Seal in sterilized jars with hot water bath process.

Priscilla Collinsworth
Past Regent

EASY PICKLED BEETS AND EGGS

1 (8 oz.) can beets with juice
2 Tbsp. vinegar
1 tsp. sugar

Heat beets in vinegar and sugar. Cool and add hard-boiled eggs. Store in covered jar in refrigerator.

Priscilla Collinsworth
Past Regent

STUFFED MUSHROOM CAPS

1 lb. mushrooms
1 large onion
2 Tbsp. butter
2 Tbsp. flour
¼ tsp. thyme
⅛ tsp. salt
⅛ tsp. pepper
¾ c. cream
1 lb. crabmeat
juice of 1 lemon

Wash mushrooms. Remove stems. Chop stems into small pieces. Chop onion finely. Saute mushroom stems and onion in butter. Add flour and seasonings. Remove from heat. Stir in cream. Return to heat and cook until thick and stir constantly. Remove from heat. Add crabmeat and 1 tablespoon of lemon juice. Stuff mushroom caps and dribble remaining lemon juice over each stuffed cap.

Bake 15 minutes at 350°. Sprinkle buttered crumbs over and bake until crumbs are browned. Serve immediately.

Teresa Surrette

GAINOR'S CRABBIES

½ c. butter
1 small jar Old English cheese spread
1 ½ tsp. mayonnaise
½ tsp. or less garlic salt
½ tsp. salt
1 (8 oz.) crabmeat
6 English muffins, split

Blend together the butter, cheese spread, mayo, garlic salt and salt. Stir in crabmeat (flaked). Cut muffins with knife so they are smooth. Spread with crabmeat mixture. Put on cookie sheet and freeze. When frozen, remove from cookie sheet to plastic bag for freezer storage.

To serve, cut each muffin into fourths. Broil 5 to 7 minutes and serve hot.

Este Beaulieu

MEXICAN DEVILED EGGS

8 hard-cooked eggs
½ c. shredded Cheddar cheese
¼ c. mayonnaise
¼ c. salsa
2 Tbsp. sliced green onions
1 Tbsp. sour cream
salt to taste

Slice eggs in half lengthwise. Remove yolks and set whites aside. In a small bowl, mash yolks with cheese, mayonnaise, salsa, onions, sour cream and salt. Evenly fill egg whites. Serve immediately or chill until ready to serve. Makes 16 servings.

Nancy Raymond
Regent

WINTER RELISH

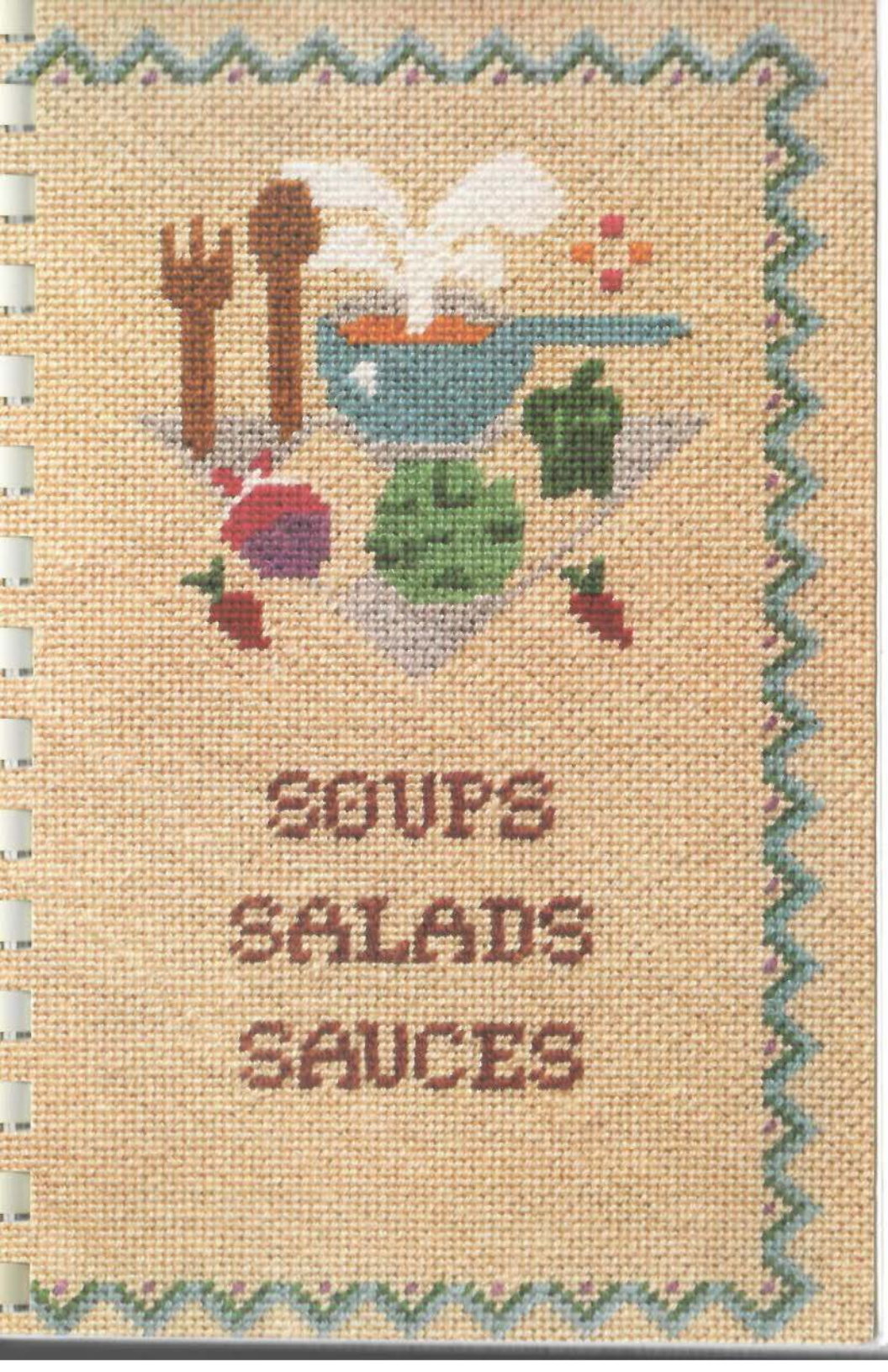
5 c. sugar
1 c. flour
6 Tbsp. dry mustard
1 qt. vinegar
1 qt. water
1 c. salt

Pickle Ingredients:

1 medium cabbage
1 qt. onions
1 qt. cucumbers
2 qt. green tomatoes
1 cauliflower
3 green peppers
3 red peppers
1 bunch celery
a few apples

Cook the sugar, flour, mustard, vinegar and water until thick in a large kettle; combine with pickle ingredients. Put all in a food chopper using coarse grinder. Cook until soft in water using 1 cup of salt. Drain and rinse well to eliminate strong salt flavor in cold water. Mix with above sauce and cook until mixture is tender. Bottle while hot. Melt wax and seal closed jars. Makes 7 quarts.

Elizabeth Trainor
Deceased


SOUPS
SALADS
SAUCES

Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks, which are high in cholesterol
Pimento
Radishes
Green Pepper
Chicken
Carrots
Celery
Tomatoes
Cooked Beets
Cauliflower
Broccoli

Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.
Tear greens instead of cutting to avoid bruising with a knife.
Remove the waxy outer skin of cucumbers before slicing.
Marinate tomato wedges separately in a vinaigrette; then add to salad.
To core lettuce, smack head down hard on counter top. Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

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SOUPS, SALADS & SAUCES

BEAN SALAD

1 can green beans
1 can wax beans
1 can kidney beans
1 can garbanzo beans
1 large green pepper
1 small onion
¾ c. sugar
1 tsp. salt
½ tsp. pepper
⅓ c. salad oil
⅔ c. vinegar

Drain liquid from kidney and garbanzo beans. Discard. Rinse beans thoroughly. Combine chopped green pepper and onion with all beans.

Combine sugar, salt, pepper, salad oil, vinegar and liquid from green and wax beans. Refrigerate for 24 hours. Drain liquid before serving.

Mary Morin

PRETZEL SALAD

2 ⅔ c. crushed pretzels
¾ c. melted oleo
3 Tbsp. sugar
8 oz. Cool Whip
8 oz. cream cheese
1 c. sugar
1 large pkg. (6 oz.) strawberry jello
2 (16 oz.) pkg. frozen strawberries, thawed and drained (save juice for cold liquid for jello)

Mix together the pretzels, oleo and 3 tablespoons of sugar. Place on the bottom of a 9 x 13-inch pan.

Mix the Cool Whip, cream cheese and 1 cup of sugar and spread on pretzels.

Mix the jello, using the liquid from drained strawberries for the cold liquid. Let jello start to set, then add berries and put on top of cream cheese layer. Let set in refrigerator.

Mary Morin

CHAMPAGNE SALAD

1 large pkg. cream cheese
¾ c. sugar
1 (10 oz.) pkg. frozen strawberries, thawed (use juice)
½ c. chopped walnuts
2 diced bananas
1 can crushed pineapple, drained
1 large tub Cool Whip

Stir cream cheese and sugar until smooth. Add remaining ingredients and freeze in a 9 x 13-inch pan. Remove from freezer 1 hour before serving.

Mary Morin

MEDWAY'S COLESLAW FROM K.F.C.
(Original)

½ tsp. relish
1 small cabbage
1 small onion
2 sticks celery
2 Tbsp. sugar
2 Tbsp. milk
2 Tbsp. vinegar
⅔ c. mayonnise

Mix together the sugar, milk, vinegar and mayonnaise. Mix with the vegetables.

Try K.F.C.'s Fried Chicken in this cookbook.

Judy Albert

CHERRY SALAD

1 can cherry pie filling
1 large can crushed pineapple
1 can Eagle Brand milk
⅓ c. walnuts
1 large tub Cool Whip

Mix all together, including juices. Mix 1 day ahead and chill.

Adrienne Thompson

SEVEN LAYER SALAD

1 or more heads romaine lettuce
1 bunch scallions
3 to 4 green peppers
4 to 5 celery sticks
1 large bag frozen peas
1 small jar mayonnaise (real)
3 to 4 Tbsp. sugar
1 large bag Monterey Jack cheese
1 lb. crumbled bacon

Tear lettuce and place in bottom of a large bowl. Chop vegetables and layer. Add bag of frozen peas. Spread generously with mayonnaise. Sprinkle with sugar to cover mayonnaise. Top with Monterey Jack cheese. Add cooked bacon (crumbled). Let stand in refrigerator for a couple of hours for peas to thaw.

Great salad for large group and summer picnics.

Diane Gagnon

CRUNCHY TOSSED SALAD

½ c. vegetable oil
¼ c. sugar
2 Tbsp. vinegar
1 tsp. salt
¼ tsp. pepper
1 large head iceberg lettuce, sliced
6 bacon strips, cooked and crumbled
⅓ c. sliced almonds, toasted
¼ c. sesame seed, toasted
4 green onions, sliced
¾ c. chow mein noodles

In a jar with tight fitting lid, combine oil, sugar, vinegar, salt and pepper. Shake well. Chill for 1 hour.

Just before serving, combine the lettuce, bacon, almonds, sesame seed and onions in a large bowl. Add dressing and toss. Top with chow mein noodles. Yields 12 servings.

Lorette Gagnon

CRANBERRY JELL-MOLD

1 pkg. orange flavored gelatin (4 oz. size)
⅔ c. boiling water
1 (15 oz.) can whole cranberry sauce
1 tsp. orange rind, grated
1 (8 oz.) tub nondairy whipped topping

Dissolve gelatin in boiling water. Stir in cranberry sauce and orange rind; chill until slightly thickened. With wire whip, blend in whipped topping (thawed). Pour into 6-cup mold or glass dish. Chill until firm. May garnish with orange slices.

Lois Bell

POPPY SALAD

1 pkg. spinach
3 hard-boiled eggs
3 slices bacon

Dressing:

1 c. vegetable oil
¼ tsp. salt
1 Tbsp. Worcestershire sauce
1 small onion, chopped fine
¼ c. vinegar
¾ c. sugar
⅓ c. ketchup

Mix spinach, eggs and bacon all together.

Pamala White
Past Regent

FROZEN SALAD

1 large can crushed pineapple with juice
1 (16 oz.) pkg. frozen strawberries with juice, thawed
5 large bananas, mashed
½ c. sugar
½ container sour cream
2 large tubs (16 oz.) Cool Whip (I used three 8 oz. tubs)
4 Tbsp. lemon juice

Put in a 9 x 13-inch pan and freeze. Take out of freezer about 20 minutes before serving.

Edith Michaud

PEAR SALAD

1 (29 oz.) can pears, drained (save 1 c. juice)
1 small pkg. lemon jello
3 Tbsp. salad dressing
1 (8 oz.) tub Cool Whip

Boil juice and jello for 1 minute. Let cool, then mix all ingredients with cooled juice, folding in Cool Whip last. Put in mold. Let stand overnight.

Lillian Nisbett

SPAGHETTI SALAD

1 lb. spaghetti
1 large bottle Zesty Italian dressing
1 bottle Durkee salad seasoning with cheese
green pepper, chopped
black olives, sliced
green olives, sliced
cucumbers, diced small
hard cheese, chopped
pepperoni, sliced

Cook spaghetti (break in thirds). Drain and add while hot the Italian dressing, Durkee seasoning and chopped vegetables. Chill and serve.

(Any vegetables may be added as to liking.)

Laurie Jamo

LIME SALAD

16 large marshmallows
1 c. milk
1 (3 oz.) pkg. lime gelatin
1 large pkg. cream cheese
1 medium can crushed pineapple
1 c. heavy cream
½ c. walnuts, chopped

Combine marshmallows and milk into a double boiler. Add the jello; chill.

Beat cream cheese until fluffy. Drain and add pineapple to the marshmallow mix. Beat heavy cream until stiff. Put on top. Sprinkle with chopped nuts.

Shirley Moffatt

MARIE LYONS' JELLIED PINEAPPLE AND CARROT SALAD

1 pkg. lemon jello
1 c. warm or boiling water
1 c. canned pineapple juice
1 Tbsp. vinegar
½ tsp. salt
1 c. drained crushed pineapple
1 c. grated, raw carrots

Dissolve jello in the boiling water. Add pineapple juice, vinegar and salt. Chill until slightly thick, then add the pineapple and raw carrots. Turn into individual molds and chill until firm. Unmold on crisp lettuce and serve with mayonnaise or French dressing.

Marie Lyons
Charter Member, Deceased

KITCHEN SINK SALAD DRESSING

1 c. vegetable oil
1 (10 oz.) can tomato soup
½ c. brown sugar, packed
⅓ c. vinegar or wine
1 tsp. dry mustard
1 tsp. garlic salt
½ tsp. onion salt
½ tsp. celery salt
¼ tsp. Worcestershire sauce
dash of Tabasco
¼ tsp. paprika
1 c. mayonnaise or salad dressing

Blend, beginning at low speed and increasing speed until thoroughly blended. Refrigerate in covered jar. Makes ¾ quart.

Do not omit any of the seasonings.

Katherine Dempsey
Past Regent

CRANBERRY SALAD

4 c. fresh cranberries
1 c. sugar
1 c. boiling water

Wash cranberries. Cook with sugar and water for 30 minutes. As cranberries are popping, mash with fork. Watch to prevent boiling over, skim and cool.

Pamela White
Past Regent

HEARTY MINESTRONE

1 lb. bulk sausage
2 c. sliced celery
1 c. chopped onion
6 c. chopped zucchini
1 (28 oz.) can tomatoes (undrained), cut up
1 ½ c. chopped green pepper
1 ½ tsp. Italian seasoning
1 ½ tsp. salt
1 tsp. dried oregano
1 tsp. sugar
1 ½ tsp. basil
¼ tsp. garlic powder

In a large saucepan, brown the sausage. Remove with a slotted spoon to paper towel to drain, reserving 1 tablespoon of drippings. Saute celery and onion in the drippings for 5 minutes. Add sausage and remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 20 to 30 minutes or until the vegetables are tender. Yields 9 servings.

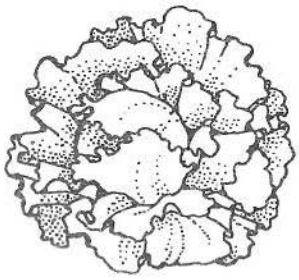
Esther Morris
Past Regent

FISH CHOWDER

1 ½ lb. haddock
3 to 4 potatoes, cut in 1-inch cubes
¼ c. butter or margarine
1 onion, diced
1 pt. cream and 1 pt. milk or 2 pt. half and half
salt and pepper to taste or 2 Tbsp. salted herbs
a little Cajun spice (if desired, for a little added zing)

Place cut up potatoes and onion in a large kettle. Add water to barely cover. Cook for about 10 minutes. Lay fish on top and cook until all are tender. Add butter and let melt. (This will cool water some.) Add cream and milk or half and half and spices to taste. Bring almost to a boil and serve hot.

Bernadette Gagnon



CHEESE SOUP

1 medium size onion
2 large carrots
2 stalks celery
3 Tbsp. butter or margarine
2 Tbsp. flour
½ tsp. dry mustard
½ tsp. salt
dash of pepper
2 beef bouillon cubes
1 pkg. frozen cut green beans
2 c. water
4 c. milk
8 oz. American cheese

Chop onion. Scrape carrots and cut thin rings. Dice celery. Melt butter or margarine in a large saucepan and add vegetables. Saute about 5 minutes. Blend in flour, mustard, salt and pepper. Add bouillon cubes, beans and water. Simmer, stirring often, 30 minutes or until vegetables are tender. Stir in milk and cheese. Heat very slowly, stirring often, until cheese melts and soup is piping hot. (Do not boil for soup may curdle.) Makes 6 hearty servings.

Beverly Morin

AUTUMN SOUP

1 lb. ground beef
1 c. chopped onion
4 c. water
1 c. cut up carrots
1 c. diced celery
1 c. cubed potatoes
2 tsp. salt
1 tsp. Kitchen Bouquet
¼ tsp. pepper
1 bay leaf
⅛ tsp. basil
6 tomatoes or 1 can tomatoes with liquid

In a large saucepan, cook and stir meat until brown. Drain off fat. Cook and stir onion with meat until tender, about 5 minutes. Stir in remaining ingredients. (If using fresh tomatoes, do not add now.) Cover and simmer about 30 minutes. Add fresh tomatoes at this time and cook about 10 minutes.

Lynn Nicholson

POTATO-DILL SOUP

2 Tbsp. butter
½ c. finely chopped onion
4 c. potatoes, peeled and diced
1 ½ c. water
2 to 3 tsp. salt
2 c. milk
1 tsp. dried dill weed
2 Tbsp. flour
1 c. sour cream

In a 2-quart saucepan, melt butter. Stir in onion and cook for about 2 minutes until soft. Stir in potatoes and cook about 2 minutes, but do not brown. Add water and salt and bring to a boil. Cover and let simmer 15 minutes or until potatoes are tender. Mash potatoes, leaving some small pieces. Add milk and dill and bring to a boil. Stir flour into sour cream. Blend into soup with a wooden spoon or wire whisk. Remove soup from heat and let stand for 5 minutes before serving. Makes 6 cups.

Teresa Surrette

OVEN CHOWDER

2 lb. haddock
4 medium peeled potatoes, diced
celery, chopped
1 bay leaf
½ tsp. salt
¼ tsp. pepper
1 clove minced garlic
½ c. butter, melted
3 medium chopped onions
½ c. boiling water
½ c. dry wine
2 c. half and half

Place all ingredients except cream in a heavy casserole dish. Bake at 375° for 1 hour. Add scalded cream just before serving. Stir to break up fish.

Lillian Nisbett

HAMBURGER SOUP

1 ½ lb. hamburg, cooked and drained of fat
1 large onion, cut up
1 can stewed tomatoes
5 c. water
1 tsp. basil
salt and pepper
3 beef bouillon cubes
⅓ c. rice
1 pkg. frozen vegetables (cauliflower, broccoli and carrots)

For thicker soup, add ½ cup of elbow macaroni.

Esther Theriault

HAM VEGETABLE CHOWDER

1 (10 oz.) pkg. frozen broccoli with cheese sauce
1 (12 oz.) can whole kernel corn with sweet peppers, drained
1 ½ c. chopped, cooked ham or turkey
2 c. light cream or half and half

Cook broccoli. Add all ingredients to large crock-pot. Cook 2 to 3 hours on high.

Double recipe for large crock-pot.

Mary Morin

BROCCOLI CHEESE SOUP

2 pkg. frozen, chopped broccoli, cooked and drained
1 (1 lb.) box pasteurized process cheese spread, cut into chunks
1 small onion, sliced thin in rings
1 small can chicken broth
1 stick margarine
½ c. flour
2 c. milk

In a stockpot, saute onion in margarine until onion is clear. Remove from heat; add flour. Stir (it will get smooth and thick). Add chicken broth and milk; cook until thick. Add cheese and broccoli; heat until cheese is melted. Serves 6.

Kim Gagnon

LOW-FAT GRAVY

½ c. finely chopped onion
½ c. finely chopped, fresh mushrooms
2 Tbsp. chopped, fresh parsley
2 c. reduced sodium, fat-free beef or chicken broth, divided
2 Tbsp. cornstarch
pinch of pepper

In saucepan, saute onion, mushrooms and parsley in ¼ cup of broth until vegetables are tender. Combine the cornstarch, peppers and ½ cup broth. Stir until smooth. Add to pan with the remaining broth. Bring to a boil, stirring occasionally. Boil 2 minutes. Yields 2 cups.

Diabetic Exchanges: One ¼-cup serving equals a free food; also, 19 calories, 28 mg. sodium, 2 mg. cholesterol, 3 gm. carbohydrates, 1 gm. protein and 1 gm. fat.

Priscilla Collinsworth
Past Regent

PESTO

1 c. loosely packed, fresh basil
½ c. pine nuts or walnuts
2 cloves garlic
¾ c. freshly grated Parmesan cheese
½ c. olive oil
3 Tbsp. butter

Blend all ingredients except oil in blender until like a puree, then continue blending and add oil in thin stream. Can be frozen in small baking cups. One or two added to spaghetti makes a nice pasta dish.

Lois Bell
For Doreen Fairly

CLAM SAUCE

4 Tbsp. flour
4 Tbsp. butter
1 clove garlic, minced (or already minced)
4 cans minced clams (save juice)
⅛ c. parsley
1 ½ tsp. thyme
salt and pepper

Melt butter; saute garlic 1 minute. Add flour. Pour clam juice in slowly, always stirring. Add seasonings and simmer gently for 15 minutes. While liquid is cooking, add clams.

Darlene Rosebush

PEAR SALAD

1 (16 oz.) can pears
1 c. Cool Whip
1 small pkg. lemon jello
1 (8 oz.) pkg. cream cheese
walnuts (optional)

Heat 1 cup of pear juice to boiling. Add jello until dissolved. Add remaining ingredients. Beat together and chill until set. Top with Cool Whip and serve.

(Double for a 9 x 13-inch pan.)

Laurie Jamo

BROCCOLI SALAD

2 large bunches broccoli
several carrots, shredded
bacon bits
½ c. onions
1 c. raisins

Dressing:

1 c. mayonnaise
3 Tbsp. vinegar
3 Tbsp. sugar

Laurie Jamo

WATERGATE SALAD

1 can crushed pineapple (undrained)
1 pkg. pistachio pudding (instant)
1 c. mini marshmallows
½ c. crushed nuts
1 medium tub Cool Whip

Mix all together until blended. Decorate with cherries and chill.

Lillian Nisbett

CRANBERRY SALAD MOLD

4 c. (1 lb.) fresh cranberries
1 c. sugar
1 envelope unflavored gelatin
½ c. orange juice
1 c. chopped celery
1 c. chopped, pared apples
1 c. chopped pecans or walnuts

Wash cranberries, drain and remove stems. Put through food chopper using coarse blade. Add sugar; let stand, stirring occasionally. Sprinkle gelatin over orange juice in small saucepan to soften. Place over low heat, stirring until gelatin is dissolved. Add gelatin mixture, celery, apples and nuts to cranberries; mix well. Turn into 1-quart mold. Refrigerate until firm, 6 to 8 hours. Serve with salad dressing or whipped cream. Makes 8 servings.

Kathleen Albert
Past Regent

SALAD

1 large pkg. Cool Whip
1 large pkg. cream cheese
¼ c. confectioners sugar
9 oz. can crushed pineapple

Let cream cheese set until soft and stir in confectioners sugar. Beat in Cool Whip until smooth and add crushed pineapple. You can add nuts and cherries.

Kathleen Albert
Past Regent

FRUIT SALAD

watermelon
green grapes
strawberries
cantaloupe
blueberries
bananas
1 ¼ c. milk
½ c. plain yogurt
3 ½ oz. banana instant pudding

Layer the fruit. Beat the milk, yogurt and pudding together until blended; put on top of fruit.

Barbara Potvin

ORANGE JELLO DELIGHT

2 small pkg. orange Jell-O
3 c. boiling water
1 (6 oz.) can frozen orange juice concentrate
20 oz. crushed pineapple, drained
2 cans mandarin oranges, drained
1 small pkg. Jell-O instant lemon pudding and pie filling
1 small carton Cool Whip
grated Cheddar cheese

Add 3 cups boiling water to Jell-O; mix well. Add orange juice concentrate. Add drained pineapple and oranges; mix. Put in refrigerator and let set up. Mix pudding (dry) with Cool Whip. Spread on top of set up Jell-O. Sprinkle with Cheddar cheese.

St. Anne's Circle #545

MILLION DOLLAR RICE SALAD

1 (8 oz.) pkg. cream cheese, softened
1 ½ Tbsp. sugar
1 Tbsp. mayonnaise
2 c. cooked rice, cooled
12 maraschino cherries, halved
1 (20 oz.) can crushed pineapple, drained
1 (10 oz.) pkg. miniature marshmallows
½ pt. whipping cream, whipped
1 c. chopped pecans

Combine cream cheese, sugar and mayonnaise until smooth. Add rice, cherries, pineapple and marshmallows and mix well. Fold in whipped cream and pecans.

St. Anne's Circle #545

CHILI SOUP

1 lb. ground beef
½ c. chopped green pepper
½ c. chopped onion
1 Tbsp. chili powder
2 cans Campbell's chili beef soup
1 soup can water
1 c. chopped canned tomatoes

In large saucepan, brown beef; cook with green pepper, onion and chili powder until tender. Stir in remaining ingredients. Heat, stirring occasionally. Makes about 6 ½ cups.

St. Anne's Circle #545

COCA-COLA SALAD

2 small pkg. cherry jello
1 small pkg. lime jello
1 large can crushed pineapple
2 ½ c. Coca-Cola
½ c. chopped nuts

Mix together cherry jello, lime jello and crushed pineapple. Put on stove and cook until boiling. Take off stove and add Coke and nuts to mixture. Stir in pan well; pour in bowl and refrigerate.

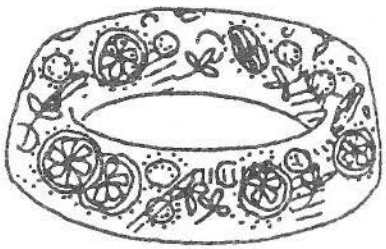
St. Anne's Circle #545

SEAFOOD CHOWDER

3 cans Campbell's chunky clam chowder soup
1 lb. (15 to 20) large shrimp, shelled and deveined
1 medium bay leaf
¼ tsp. hot pepper sauce
1 lb. whitefish, cut in 2-inch pieces

In large saucepan, combine first 4 ingredients. Cook over low heat 10 minutes; stir now and then. Add whitefish; cook 5 minutes more. Remove bay leaf. Makes about 9 ½ cups.

St. Anne's Circle #545



GALLIANO BARBECUE SAUCE

2 c. catsup
1 c. chili sauce
½ c. Galliano liqueur
2 Tbsp. Worcestershire sauce
½ c. dark brown sugar
¼ c. lemon juice

Heat all ingredients together in saucepan; keep hot as needed. Makes about 4 cups.

The sauce is great for roast beef; simply brush on often and liberally while meat is roasting. Also, use for spareribs, hamburgers, hot dogs, seafood, fish sticks and chicken.

Nancy Raymond
Regent

BARBECUE SAUCE

1 onion, diced
8 Tbsp. sugar
1 green pepper, diced
1 can tomato sauce
1 bottle ketchup
6 Tbsp. vinegar
2 Tbsp. Worcestershire sauce

Place all in a saucepan and simmer 5 minutes. Pour over pork chops or chicken legs, etc.

D.M.B.

ITALIAN SAUCE

1 large can tomatoes
1 large can tomato juice
1 large can tomato paste
1 small can tomato paste
2 small cans mushrooms
2 diced, large onions
1 large red pepper, diced
6 links hot sausage, sliced (Italian)
6 links red hot sausage, sliced
3 or 4 lb. hamburger
1 stick sliced pepperoni
1 ½ Tbsp. salt
1 tsp. pepper
3 Tbsp. oregano
1 Tbsp. flaked parsley
2 Tbsp. sweet basil
2 tsp. garlic salt
½ tsp. red pepper

Puree half of the tomatoes; can add water. Add remaining ingredients. Cook 4 to 5 hours.

Karen Ruitto

ITALIAN SPAGHETTI SAUCE

3 pork chops
4 (6 oz.) cans tomato paste
1 large can tomato puree
¼ c. olive oil
1 whole onion
3 c. water
½ onion, cut up
2 cloves garlic

Saute ½ cut up onion, garlic and pork chops in olive oil. After chops are well browned, remove chops, onion and garlic from oil and set aside. Add paste to olive oil and cook for about 15 minutes, stirring constantly. Add puree and cook for another 15 or 20 minutes. Add water, chops and a whole onion and cook 2 to 3 hours on low heat. Fried meatballs can be added about an hour before serving.

I do not add the fried onion and garlic to my sauce. If sauce is tart, you may add a little sugar to sweeten.

Gally Osgood

BARBECUE SAUCE

⅓ c. minced onion
3 Tbsp. butter or margarine
1 c. catsup
⅓ c. vinegar or lemon juice
2 Tbsp. brown sugar
½ c. water
2 tsp. prepared mustard
2 Tbsp. Worcestershire sauce
⅛ tsp. salt

Saute onion until tender in butter in saucepan. Add remaining ingredients; simmer, covered, for 10 minutes. Serve with hamburgers, broilers, pork or lamb chops, lamb shanks etc. Makes 2 cups.

Very good.

Mamie Daigle

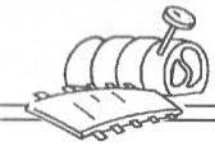
LEMON SAUCE

½ c. sugar
1 Tbsp. cornstarch
⅛ tsp. salt
⅛ tsp. nutmeg
1 c. boiling water
2 Tbsp. butter
1 ½ Tbsp. lemon juice

Mix cornstarch, sugar, salt and nutmeg. Gradually add water and cook over low heat until thick and clear. Add butter and lemon juice; blend thoroughly.

Nancy Raymond
Regent

MEATS
MAIN DISHES



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled Shoulder	3-6 lb.	60	325 F	170 F
BEEF				
Standing ribs - rare	3-7 lb.	25	325 F	135 F
- medium	3-7 lb.	30	325 F	165 F
- well done	3-7 lb.	35	325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg - well done	3-6 lb.	40-50	325 F	182 F
Crown - well done	3-6 lb.	40-50	325 F	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	2 lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325 F	175 F
	Half Hams	25	325 F	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

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MEATS & MAIN DISHES

SALISBURY STEAK DELUXE

1 can cream of mushroom soup
1 Tbsp. prepared mustard
2 Tbsp. Worcestershire sauce
1 tsp. horseradish
1 egg
¼ c. dry bread crumbs
¼ c. chopped onions
½ tsp. salt
dash of pepper
1 ½ lb. ground beef
1 Tbsp. cooking oil
fresh parsley

Blend together the first 4 ingredients and set aside. Slightly beat egg and add bread crumbs, onion, salt and pepper. Add ¼ soup mixture and beef; mix well. Shape into 6 patties. In a skillet, brown the patties in oil; drain.

Combine the remaining soup mixture with ½ cup of water; pour over patties. Cover and simmer over low heat for 10 to 15 minutes or until meat is done. Remove patties to a serving platter. Spoon sauce over meat. Sprinkle with chopped, fresh parsley.

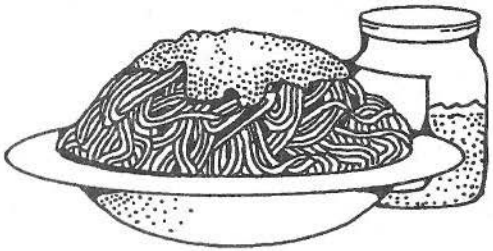
Charlotte Markie
Joanne Farmer,
Past Regent

DYNAMITE ROLLS

½ c. oil
1 large pkg. celery
3 large green peppers
4 large onions
2 large cans tomatoes
2 large cans tomato paste plus 2 cans water
½ Tbsp. crushed red pepper
2 Tbsp. garlic powder
salt and pepper
2 lb. hamburg

Place all ingredients in a saucepot. Simmer 3 hours. Serve on hamburger rolls.

Eunice Page



CHICKEN CASSEROLE

1 pkg. broccoli, cooked
2 whole chicken breasts, cooked
2 cans cream of chicken soup
½ c. mayonnaise
Stove Top stuffing (chicken flavor)

Cut up chicken breasts and line a 9 x 13-inch pan. Add broccoli and then add cream of chicken soup, mixed with ½ cup of mayonnaise. Put on top of chicken and vegetables. Bake 20 to 25 minutes.

Cook Stove Top stuffing according to package directions. Put on top of chicken. Bake 5 minutes longer.

Lori Farmer
Joanne Farmer,
Past Regent

ONE DISH CHICKEN AND RICE BAKE

1 (10 ¾ oz.) can cream of mushroom soup
1 c. water
¾ c. uncooked rice
¼ tsp. paprika
¼ tsp. pepper
4 skinless chicken breast halves

In a 2-quart shallow baking dish, mix soup, water, rice, paprika and pepper. Place chicken on rice mixture; sprinkle with additional paprika and pepper. Bake at 375° for 45 minutes.

Mary Giberson

TASTY TERIYAKI CHICKEN

1 (20 oz.) can pineapple chunks, drained (save juice)
½ c. soy sauce
1 clove garlic, chopped
2 tsp. powdered ginger
2 chicken breasts

Combine pineapple syrup, soy sauce, garlic and ginger in a bowl; mix well. Place chicken breasts in an 8 x 8-inch baking dish. Pour sauce over chicken; marinate at least 1 hour. Add pineapple chunks to dish. Bake in a preheated 350° oven for 30 minutes. Serves 2.

Kim Gagnon

MEATBALLS

2 lb. hamburger
¾ c. bread crumbs (Italian)
2 eggs
1 ¼ Tbsp. parsley flakes
1 tsp. garlic salt
2 Tbsp. Romano cheese
¾ tsp. salt
¼ tsp. pepper
⅛ c. water
1 can jelly cranberry sauce
2 Tbsp. steak sauce

Cook the cranberry sauce and steak sauce in crock-pot.

Bake meatballs in oven for about 30 to 40 minutes, depending on size. Half cook them at 300°, then add to crock-pot and simmer 3 to 4 hours.

Karen Ruitto

PORK TENDERLOIN WITH STUFFING

2 lb. boneless pork tenderloin
chicken flavored Stove Top stuffing mix
several strips of bacon

Place pork tenderloin in a 9 x 13-inch pan. Spoon over and around the pork the prepared stuffing (servings for 4 people). Top with uncooked bacon (5 to 6 strips, cut in half). Bake at 350° for 1 hour. Serves 4.

Teresa Surrette

ROASTED PORK LOIN OR TENDERLOINS

½ c. soy sauce
¼ c. vegetable oil
2 Tbsp. molasses
1 Tbsp. ground ginger
2 Tbsp. dry mustard
6 cloves garlic, minced
1 (4 to 5 lb.) boneless, rolled pork loin or tenderloin

Combine first 6 ingredients in a bowl, stirring with a wire whisk until blended. Trim excess fat off of pork loin. Place in a shallow dish or Ziploc bag. Pour soy sauce mixture over pork, turning to coat meat. Cover and refrigerate for 8 hours or overnight. Remove pork from marinade, saving sauce. Place pork in a greased roasting pan.

Bake at 325° for 2 hours or until meat is done. Brush with marinade sauce during first hour of cooking.

Joanne Farmer
Past Regent

PORK CHOPS WITH RICE

pork chops
uncooked rice
1 can tomato soup
1 can water

Place the desired number of pork chops in a baking or frying pan. Over each chop, put a tablespoon of rice. Reduce the can of soup and water; pour over meat and rice. Cover with and bake for 3 hours in a slow oven, adding soup as required.

Green peppers or onions may be cooked with this, if desired.

Rella Chesley

PORK CHOP ROAST

4 shoulder or loin pork chops
mustard
1 ½ c. canned corn (cream-style)
⅓ c. bread crumbs
2 Tbsp. grated onions
1 Tbsp. green pepper
1 tsp. salt
¼ tsp. pepper

Spread pork chops lightly with prepared mustard and brown well in skillet. Combine corn with rest of ingredients and mix well. Arrange browned chops in shallow baking pan. Pour off fat from skillet and add ½ cup of hot water, stirring well to loosen bits of meat from the bottom of the skillet. Heat this liquid to boiling and pour over chops. Place corn mixture evenly on top of chops. Bake in uncovered pan.

Jean C. Daigle

LASAGNE ROLL-UPS

1 (1 lb.) box lasagne
1 pkg. frozen spinach
1 (8 oz.) pkg. Mozzarella cheese
1 (12 oz.) container cottage cheese
½ c. Parmesan cheese
2 eggs
meat sauce

Cook the lasagne. Cook the spinach and drain. Mix together the Mozzarella cheese, cottage cheese, Parmesan cheese and eggs. Add spinach. Put 1 heaping tablespoonful of cheese mixture on lasagne slices and roll up. Pour meat sauce over top and sprinkle with shredded Mozzarella cheese over top. Bake at 375° for 30 minutes.

Tracy Farmer
Joanne Farmer, Past Regent

RINETTE'S GOULASH

2 lb. lean stew beef
1 pkg. Knorr goulash mix
1 diced onion
1 chopped red pepper
5 to 6 carrots, chopped
1 pkg. fresh mushrooms, sliced
1 can fresh-cut, diced tomatoes with garlic and oregano
2 Tbsp. flour
2 Tbsp. butter
2 c. water

Brown meat; remove from Dutch oven. Brown onions. Mix flour and butter to make paste with the onions. Add water. Raise temperature and mix until smooth. Add all remaining ingredients and beef except mushrooms and simmer. The longer this cooks, the more tender the meat (1 ½ to 2 hours).

Before serving, add mushrooms; cook enough until tender. Serve over rice or excellent with mashed potatoes.

In memory of Rinette.

Diane and Karen Gagnon

KENTUCKY FRIED CHICKEN
(Original)

2 c. flour
1 Tbsp. salt
1 Tbsp. pepper
1 Tbsp. celery salt
2 Tbsp. dry mustard
4 Tbsp. paprika
2 Tbsp. garlic powder
3 Tbsp. Accent
1 Tbsp. ginger
½ tsp. thyme
½ tsp. oregano
½ tsp. sweet basil

Mix ingredients. Cook chicken pieces in water; remove and let cool. Beat 2 eggs with a little milk. Dip chicken pieces in eggs. Take dipped chicken and roll in the dry mixture of spices and flour. Fry in hot vegetable oil 2 to 3 minutes. To keep warm, put in oven at 200°.

Bon appetit says the French chef.

Judy Albert

SWEET AND SOUR CHICKEN

2 pkg. chicken tenders
1 c. chunk pineapple
1 green pepper
1 onion
⅓ c. soy sauce
2 Tbsp. flour
2 Tbsp. brown sugar
1 Tbsp. oil
½ c. water
garlic powder

Brown chicken tenders in warm pan with 1 tablespoon of oil for 10 to 15 minutes. Add pineapple with juice. Mix soy sauce, garlic powder, water and flour and add to chicken. Cut green pepper and onions in large chunks and add. Simmer until vegetables are crisp-tender. Serve over rice.

Julie Achorn
Joanne Farmer,
Past Regent

SWEET AND SOUR CHICKEN

2 ½ c. chicken, cut up in 1-inch pieces
2 Tbsp. oil
1 tsp. garlic powder or 1 fresh garlic clove
⅛ tsp. pepper
1 ¾ c. chicken broth
½ c. diced green pepper
3 Tbsp. cornstarch, mixed in ¼ c. water
⅓ c. sugar
⅓ c. vinegar
¼ c. soy sauce
¼ c. pineapple chunks
½ c. onion
½ c. celery

Brown chicken in hot oil. Add garlic, pepper and broth. Simmer until half cooked. Add more broth if necessary. Add green peppers, celery and onion and simmer until done. Do not overcook. Add remaining ingredients except cornstarch. When it comes to a boil again, add cornstarch and water. Stir slowly until clear and thickened. Serve on steamed rice.

Esther Morris
Past Regent

CHICKEN AND STUFFING CASSEROLE

4 chicken breasts, cooked in water (keep 2 cans chicken broth)
1 can cream of mushroom soup
1 can cream of chicken soup
1 (8 oz.) pkg. Pepperidge Farm herb stuffing mix
1 stick margarine

Melt butter and add dressing. In a 13 x 9-inch pan, add half of the dressing mix on bottom of pan, then add cooked chicken. Mix the 2 soups and 2 cans of broth. Pour on chicken. Add remaining dressing on top. Bake at 350° for 45 minutes.

Francine Leathers

SWISS-N-CHICKEN CASSEROLE

4 c. chopped, cooked chicken
2 c. chopped celery
2 c. croutons
2 c. shredded cheese
1 c. mayo
½ c. milk
¼ c. chopped onions
salt and pepper to taste
¼ c. walnuts

Mix all ingredients except walnuts in 2-quart casserole dish. Sprinkle walnuts on top. Bake at 350° for 40 minutes.

Barbara Potvin

TURKEY 'N STUFFING CASSEROLE

3 ½ c. seasoned stuffing crumbs
½ c. margarine
1 ¼ c. boiling water
1 can Durkee fried onions
1 can cream of mushroom soup
¾ c. milk
2 c. cubed, cooked turkey
1 (10 oz.) pkg. frozen peas, thawed

Pour stuffing crumbs in a large bowl; set aside. Combine margarine and water and stir until margarine melts. Pour over crumbs and toss lightly. Stir in ½ can of onions. Pour stuffing mixture into a 9-inch shallow baking dish (1 ½-quart). Press stuffing in bottom and up sides to form a shell. Combine soup, milk, turkey and peas. Pour into shell.

Bake, covered, at 350° for 30 minutes. Top with remaining onions and bake, uncovered, 5 minutes longer.

Esther Morris
Past Regent

BEEF TERIYAKI

1 lb. beef chuck strips
1 large onion, sliced
1 garlic clove, minced
1 Tbsp. oil
¾ tsp. ground ginger
1 c. red and green pepper strips
2 c. bouillon
3 Tbsp. soy sauce
2 Tbsp. sherry (optional)
1 ½ c. Minute rice

Brown beef, onions and garlic in oil. Add ginger, pepper strips, bouillon, soy sauce and sherry. Bring to a boil. Stir in rice; cover and remove from heat. Let stand 5 minutes. Stir before serving. Makes 4 servings.

Nancy A. Raymond
Regent

TURKEY NOODLE CASSEROLE

8 oz. medium egg noodles
2 c. diced, cooked turkey
1 pkg. frozen or fresh broccoli, cooked and drained
8 oz. shredded Cheddar cheese
2 cans cream of chicken soup
1 soup can water or milk
1 can French fried onions

Cook noodles as directed on package and drain. Place noodles in buttered 9 x 13-inch pan. Cover with turkey and broccoli. Top with half of the cheese. Blend soup and water or milk; pour over all. Sprinkle on remaining cheese.

Bake at 350° for 25 to 30 minutes. Top with onions. Bake an additional 5 minutes or until lightly browned.

Note: Chicken may be substituted.

Esther Morris
Past Regent

CHICKEN DISH

4 boneless chicken breasts
1 can cream of mushroom soup
1 c. sour cream
½ c. Parmesan cheese
¼ to ½ c. white wine
salt and pepper

Cut up boneless chicken breasts in 1-inch squares. Toss with flour, pinch of salt and pepper. Brown in margarine. In a saucepan, heat to boiling the soup, sour cream, Parmesan cheese and wine. Place browned chicken in a 9 x 13-inch pan and pour hot sauce over chicken. Cook, uncovered, at 350° for ½ hour.

Pat Belanger
Joanne Farmer,
Past Regent

CAMPBELL'S NO GUILT CHICKEN POT PIE

1 (10 ¾ oz.) can Campbell's condensed fat-free cream of chicken soup
1 (9 oz.) pkg. frozen, mixed vegetables, thawed
1 c. cubed, cooked chicken
½ c. milk
1 egg
1 c. Bisquick reduced fat baking mix

Preheat oven to 400°. In a 9-inch pie plate, mix soup, vegetables and chicken.

Mix milk, egg and baking mix; pour over chicken mixture. Bake 30 minutes or until golden.

Mary Theriault

NEW ENGLAND BOILED DINNER

4 to 5 c. water
1 (7 to 8 lb.) pork shoulder or shank ham
1 medium size, cut up onion (yellow)
dash of salt and pepper
dash of celery salt
6 to 7 white Maine potatoes (if too large, cut in half)
1 small bag cleaned carrots, cut into 4 to 5 pieces
1 average size rutabaga turnip, cut in slices
1 average size cabbage, cut into chunks

Cook the meat and onions with salt, pepper and celery salt for 1 hour (boil). When that's done, put in all your vegetables on top of liquid in pot (except cabbage) and cook for 45 minutes. Put in your cabbage and continue cooking everything for 30 minutes.

Kathleen Albert
Past Regent

CHINESE CASSEROLE

2 c. rice (Uncle Ben's regular rice)
¼ c. Crisco oil
½ pkg. onion soup mix
½ c. soy sauce
2 carrots, cut fine
¼ c. onions, cut fine
¼ c. green pepper, cut fine
1 can mushrooms with water
¾ c. cooked chicken, cut up
3 ½ c. hot water

Mix all together. Cook at 350° for 1 hour.

Lorraine Morin

BEEF NACHO CASSEROLE

1 lb. ground beef
1 (12 oz.) jar chunky salsa
1 c. frozen corn, thawed and drained
¾ c. Miracle Whip dressing
1 Tbsp. chili powder
2 c. (8 oz.) Kraft shredded Colby/ Monterey Jack cheese divided
nacho chips

Heat oven to 350°. Brown meat; drain. Stir in salsa, corn, dressing and chili powder. Layer ½ each of meat mixture, cheese and chips in a 2-quart casserole. Repeat layers. Bake 20 minutes or until thoroughly heated. Top with shredded lettuce and chopped tomato, if desired. Serves 6.

Preparation time: 15 minutes. Cooking time: 20 minutes.

Darlene Rosebush

OLD TIME BEEF STEW

2 lb. stew beef
2 Tbsp. oleo
1 large onion
1 Tbsp. salt
1 Tbsp. lemon juice
1 tsp. sugar
1 tsp. Worcestershire sauce
¼ tsp. pepper
½ tsp. paprika
1 bay leaf
dash of allspice
2 beef bouillon cubes
1 pkg. carrots
6 small potatoes
¾ c. water
¼ c. flour

Brown beef in oleo along with onion for 20 minutes. Cook slowly in frying pan. Boil 6 to 8 cups of water. In a Dutch oven or large pan, put salt, lemon juice, sugar, Worcestershire sauce, pepper, paprika, bay leaf, allspice and bouillon cubes. Add boiling water to spices and add beef and onion. Cover and simmer 2 hours. When beef is nearly done, add 1 package of carrots and potatoes. Simmer 30 minutes.

Gravy to thicken when done is made by mixing water and flour (use cold water). Stir through beef and vegetables. Add dumplings, if desired.

Kim Gagnon

ITALIAN BEEF STEW

2 lb. stew beef (or hamburg for meatballs)
1 (1 lb.) pkg. carrots
6 to 8 medium potatoes
3 medium onions or 2 large onions
½ c. grated Parmesan or Romano cheese
½ c. olive oil or cooking oil
1 (28 oz.) can tomatoes
2 tsp. parsley flakes
2 bay leaves
1 tsp. oregano
2 cloves garlic or garlic powder
½ c. water

Bake in roasting pan 2 hours at 375°.

Edith Michaud

SEVEN LAYER CASSEROLE

sliced potatoes
3 or 4 medium diced onions
2 or 3 lb. hamburger
½ c. uncooked rice
1 green pepper, diced
3 celery stalks, diced
1 small can chopped up mushrooms
½ sweet red pepper, diced
2 or 3 (16 oz.) cans stewed tomatoes
1 lb. raw bacon
salt and pepper

In an 11 x 14-inch cake pan, add in layers 3 layers of sliced potatoes, onions, hamburger and rice. Then in a bowl, dice up the green pepper, celery, mushrooms and red pepper. Mix together, then add on top of the layer pan. Add the stewed tomatoes on top, then layer with raw bacon. In between layers, salt and pepper. Bake 2 hours at 300°, then 400° for 1 hour or until cooked.

Karen Ruitto

LAYERED MEXICANA CASSEROLE

3 c. boneless chicken breast, cut up
1 c. shredded Cheddar cheese (4 oz.)
½ c. chopped scallions
1 (16 oz.) container or 2 c. dairy sour cream
1 (4 oz.) can diced green chilies, drained
¾ tsp. cumin
1 (12 oz.) jar mild or medium salsa
8 (8-inch) flour tortillas
½ c. (2 oz.) shredded cheese

Heat oven to 400°. In a large bowl, stir together the chicken, 1 cup of cheese, scallions, sour cream and cumin. Pour 1 cup of salsa into a 10-inch pie pan. Lay 1 tortilla in salsa, coating one side lightly. Place tortilla, salsa side down, in 2-quart greased souffle dish or straight sided, round, deep casserole dish. Spread ½ cup of chicken mixture on top of tortilla. Repeat with 3 tortillas and chicken mixture. Spread with ½ cup of salsa. Continue layering tortillas and chicken mixture, ending with tortilla. Top with any remaining salsa and ½ cup of shredded Cheddar cheese.

Cover and bake for 35 to 40 minutes or until heated through. Let stand 10 minutes; cut into wedges. Serve with additional salsa, Spanish rice or refried beans.

Diane Gagnon

CHICKEN FAJITA PIZZA

1 Tbsp. oil
1 clove garlic
1 c. onion
1 c. green pepper
2 c. Monterey Jack cheese
1 refrigerated Pillsbury All-Ready pizza crust
2 boneless chicken breasts
1 tsp. chili powder
½ tsp. salt
½ c. mild salsa

Heat oil in stir-fry skillet. Add chicken; stir-fry 5 minutes or until lightly browned. Press garlic with garlic press. Stir garlic, salt and chili powder. Thinly sliced onion and green pepper; stir-fry an additional minute or until vegetables are crisp-tender.

Heat oven to 425°. Unroll dough onto greased 15-inch baking stone. Prebake 8 to 10 minutes. Spoon chicken mixture over crust. Spoon salsa over chicken. Sprinkle with cheese. Bake 15 to 18 minutes or until crust is golden brown.

Kim Gagnon

MEAT LOAF

1 ½ lb. ground beef
½ c. ketchup
⅓ c. tomato juice
½ tsp. each: salt and pepper
⅛ tsp. red pepper
2 eggs, beaten
¾ c. fresh bread crumbs
¼ c. chopped onions
2 tsp. prepared mustard

Topping:

¼ c. ketchup
½ tsp. prepared mustard
2 tsp. brown sugar

In a large bowl, combine ketchup, tomato juice, salt, black and red peppers, eggs, bread crumbs, onions and mustard; mix well. Add beef; mix well. Press the beef mixture in a 9 x 5-inch pan.

In a separate bowl, combine the topping ingredients; mix well. Spread over the meat loaf. Bake at 400° for 35 to 45 minutes or until done.

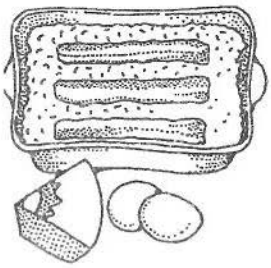
Mary Giberson

"CUT-TOR"

5 lb. pork roast
5 small onions
1 tsp. pepper
1 tsp. salt
1 tsp. cinnamon

Boil a piece of pork roast until well done. Grind pork with meat grinder. Grind onions now and then put into the meat. Grind fat of the meat into the mixture, too. Put in kettle with 2 cups of greasy water the meat was cooked in, then put pepper, salt and cinnamon in. Mix thoroughly. (Can add more, if desired.) Cook until onions are done. Add more salt and pepper, if you wish. Cook slowly, then put into bowls and cool.

Kim Gagnon



BEST EVER MEAT LOAF

2 eggs
⅔ c. milk
2 tsp. salt
¼ tsp. pepper
3 slices bread, crumbled
1 onion, finely chopped
1 c. shredded Cheddar cheese
½ c. shredded, raw carrot
1 ½ lb. lean ground beef
¼ c. packed brown sugar
¼ c. catsup
1 Tbsp. prepared mustard

In a bowl, beat eggs. Add milk, salt, pepper and bread. Stir until bread disintegrates. Add onions, cheese, carrots and ground beef. Mix thoroughly. Pat into a 9 x 5 x 3-inch loaf pan. Combine brown sugar, catsup and mustard; carefully spread over top of meat loaf. Bake in a 350° oven for 1 ¼ to 1 ½ hours. Let stand for 10 minutes before slicing.

Judy Davis

BROILED SALMON STEAK

4 pieces salmon steak
¼ c. fruit cocktail sauce
1 tsp. lemon juice
dash of cinnamon
2 Tbsp. margarine

Put all ingredients in a bowl. Place in the microwave for 2 minutes or until margarine is melted, then roll steaks into mixture. Place on broiling rack. Broil for 20 minutes. Cook 10 minutes per side. Baste every 5 minutes. Broil at 550°.

Pamela White
Past Regent

BAKED SALMON

1 fresh salmon
1 medium can fruit cocktail
1 tsp. lemon juice
dash of cinnamon
2 Tbsp. margarine

Stuff belly with fruit cocktail. Add 3 tablespoons of milk to bottom of pan. Bake at 350° for 1 hour, uncovered.

Pamela White
Past Regent

FILET OF SOLE WITH CRABMEAT

1 ½ to 2 lb. sole fillets or haddock
6 oz. fresh crabmeat
1 ½ Tbsp. butter, melted
1 Tbsp. flour
¼ tsp. horseradish
⅛ tsp. Worcestershire sauce
½ tsp. lemon juice
2 dashes hot pepper sauce
½ tsp. salt
pinch of onion salt
pepper to taste
⅓ c. milk

Melt butter. Add flour and blend. Add horseradish, Worcestershire sauce, lemon juice, hot pepper sauce, salt, onion salt and pepper; blend together. Add milk and cook until quite thick, stirring constantly. Remove from heat and add crabmeat.

Grease a 9 x 13-inch casserole and place 1 layer of fish fillets in bottom of pan. Spread with crabmeat sauce, then top with another fillet.

Combine 2 tablespoons of melted butter and 1 ½ teaspoons of lemon juice and pour over top. Bake at 350° for 30 minutes. Garnish with lemon wedges and sprinkle with paprika.

Diane Gagnon

QUICK AND EASY CHILI

1 lb. ground beef
1 medium onion, chopped
1 green pepper, chopped
½ tsp. salt
1 (16 oz.) can kidney beans, drained
1 large can (28 oz.) whole tomatoes
1 (8 oz.) can tomato sauce
1 Tbsp. chili powder

In a frying pan, crumble the ground beef and cook with the chopped onions and green peppers. Cook over medium heat until the meat is browned, about 10 minutes. Drain off fat. Stir in all other ingredients, breaking up the canned tomatoes before adding them to the pan. Cook on low heat for 30 minutes.

Mary Theriault

TUNA, NOODLES AND PEAS CASSEROLE

½ chopped onion
1 Tbsp. oleo
2 c. noodles, cooked
2 (6 oz.) cans tuna, drained
1 (15 oz.) can peas, drained
1 can cream of celery soup
¾ c. milk

Saute onions in oleo until tender. Combine noodles, tuna and peas in a casserole dish. Mix soup and milk until smooth. Add soup to casserole dish and mix well. Bake in a preheated 375° oven for 40 minutes. Serves 6 to 8.

Eunice Page

CHINESE CHICKEN

8 boneless, skinless chicken breasts
½ c. vegetable oil
2 (6 oz.) cans sliced mushrooms
1 c. green onions
¼ c. cornstarch
2 large cloves garlic, minced
¼ tsp. ginger
½ c. molasses
½ c. soy sauce
1 c. salted peanuts
½ c. dry sherry

Cut chicken into 1-inch pieces. Heat vegetable oil in skillet. Add chicken and brown. To skillet, add mushrooms and liquid, green onions, cornstarch and all other ingredients. Cook until thickened over low heat, about 10 or 15 minutes. Add peanuts and sherry. Serve over rice.

Delicious!

Yvonne Thibodeau
Charter Member, Deceased

ITALIAN POT ROAST

chuck steak
¼ c. oil
garlic
crushed red pepper
Italian seasonings
carrots, peeled and cut
potatoes, peeled and cut
1 large can tomato puree

Sear chuck steak in hot oven with ¼ cup of oil on both sides in a large pan. Remove from oven and cover with garlic, red pepper and Italian seasonings to your taste. Add carrots and potatoes. Cover completely with water. Add 1 large can of tomato puree. Sprinkle with Parmesan cheese. Bake in 400° oven for 2 hours.

Mary Civiello

CORNED BEEF CASSEROLE

1 (6 or 8 oz.) pkg. macaroni, cooked and drained
1 (12 oz.) can corned beef, cubed
½ lb. cheese, cubed
1 c. milk
½ c. chopped onion
1 can condensed cream of chicken soup
buttered crumbs

Combine macaroni, corned beef, onions and cheese. Combine soup and milk. Add to other mixture. Pour into 2-quart casserole. Cover with crumbs. Bake 1 hour at 350°.

Mary Belanger
Deceased

MEAT LOAF

2 lb. hamburg
2 eggs, well beaten
1 onion, chopped fine
1 c. rolled oats (dry)
1 heaping tsp. poultry seasoning
1 tsp. salt
just enough milk to mix well

Mix all ingredients well. Place into greased tin; put pieces of butter over top and bake 1 hour in moderate oven.

Sophie Duprey
Deceased

HOMEMADE MACARONI

3 eggs
2 Tbsp. water
salt and pepper
flour

Sauce:

1 small onion, chopped
2 Tbsp. butter
1 large can tomato juice

Beat eggs well. Add water, salt and pepper, then thicken with flour; set aside.

Saute onion in butter. Add tomato juice. Bring to a boil. Add salt, pepper, garlic powder and parsley to taste. Spoon small amounts into boiling sauce. Cook on low boiling point for about 20 minutes.

Nancy Raymond
Regent

PIZZA CASSEROLE

1 lb. hamburger
1 large onion, chopped
pinch of salt
¼ tsp. pepper
1 (8 oz.) pkg. grated Mozzarella cheese
2 c. elbow macaroni
1 jar pizza sauce or spaghetti sauce
4 oz. pepperoni slices

Brown hamburger and onions. Add seasonings. Add sauce and cooked elbows. Place in a 2 ½-quart casserole, alternating hamburger, sauce and macaroni mixture with cheese and pepperoni, ending with cheese. Bake, uncovered, at 350° for 30 minutes.

Darlene Rosebush

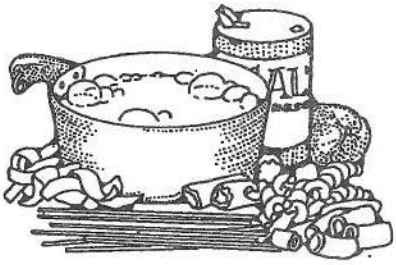
HUNTING CAMP SUEY

1 lb. ground chuck
1 small onion
¼ c. green pepper
1 (4 oz.) can mushrooms
1 tsp. crushed parsley flakes
1 Tbsp. soy sauce
2 Tbsp. grated Parmesan cheese
salt, pepper and red pepper
1 (8 oz.) can tomato sauce
1 (14 ½ oz.) can tomatoes
1 ½ c. macaroni

Combine chopped onion, chopped green pepper and mushrooms, cut fine, in a large skillet. Saute in a small amount of cooking oil. Add ground chuck and stir-fry until done. Add tomato sauce, cheese, parsley flakes and tomatoes, cut in bite size. Season to taste. Bring just to a boil. Reduce heat and simmer while cooking macaroni.

Cook macaroni, rinse and drain. Stir in ingredients from skillet. Let stand 15 minutes on low heat. Serves 4 to 6.

Louise M. Cote
Past Regent



PASTA DE SHUTO

1 lb. bulk sausage
1 lb. hamburg
6 c. chopped vegetables (carrots, onions, celery, green peppers, mushrooms)
1 can undiluted tomato soup
1 can undiluted cream of mushroom soup
1 (8 oz.) can tomato sauce
2 tsp. chili powder
½ tsp. ground cloves
½ tsp. cinnamon
½ tsp. salt
1 lb. thin spaghetti

In a skillet, brown sausage; drain fat and slice into small pieces. Brown hamburg and drain. Add chopped vegetables to 2 meats and saute just until crisp-tender. Stir in soups, tomato sauce and spices. Break spaghetti into 1-inch pieces; boil, drain and rinse. Add to skillet and stir gently.

Eunice Page

KIELBASA

2 pkg. kielbasa sausage
1 small jar mild taco sauce
1 can cranberry sauce
½ onion
1 ½ tsp. vinegar
1 small can crushed pineapple
½ c. catsup
½ c. brown sugar

Slice the sausage and fry. Bring rest of ingredients to a boil. Combine with sausage. Bake 4 hours in crock-pot.

Eunice Page

SPAGHETTI SAUCE WITH SAUSAGE AND MEAT BALLS

1 large can tomatoes
2 medium cans tomato paste
1 large can tomato puree
1 large can tomato sauce
1 tsp. salt
⅓ tsp. pepper
¼ tsp. garlic powder
½ tsp. parsley
½ tsp. oregano
½ tsp. basil
1 onion, chopped
1 pkg. hot or sweet sausage

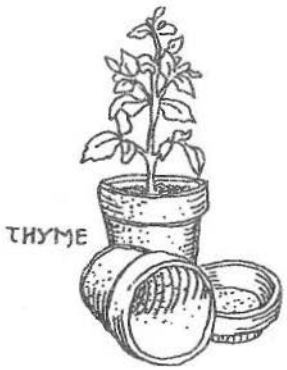
Fry sausage until almost done (may cut in half). Add and cook chopped onions. While frying sausage, mash tomatoes and add to all other ingredients in a large pan. Bring to a boil and reduce heat; simmer for 3 to 4 hours. When onions are cooked, add onions and sausage to sauce along with sausage drippings for flavor. Add more spices to taste, if desired.

Meat Balls:

2 ½ lb. hamburg
½ c. bread crumbs
2 tsp. salt
1 ¼ tsp. pepper
½ tsp. oregano
½ tsp. basil
½ tsp. garlic powder
1 ½ to 2 pt. milk
3 eggs, beaten

Mix spices with bread crumbs and add to hamburg; mix well. Add milk and eggs and mix well. Cook either in pan with sausage drippings or bake in 350° oven until partially done; add to sauce and simmer.

Bernadette Gagnon



HAWAIIAN MEAT BALLS

1 lb. ground beef
1 egg
⅓ c. corn flake crumbs
¼ c. milk
1 small onion, cut thin
3 medium carrots, sliced
½ pkg. pea pods

Sauce:

¼ c. brown sugar
2 Tbsp. vinegar
1 Tbsp. cornstarch
1 Tbsp. soy sauce
1 can liquid fruit cocktail juice

Cook meat balls over low heat (250° to 300°). Heat sauce in a saucepan, then pour over meat balls. Simmer.

Microwave carrots and pea pods 3 minutes, then add all together. Pour the remaining fruit cocktail over the meat balls; simmer until all are hot. Serve over a bed of rice.

Pamela White
Past Regent

MEAT BALLS IN SWEET CLOVE SAUCE

4 slices dry bread, diced
¼ c. lemon juice
1 egg
1 small onion, diced
1 tsp. seasoned salt
1 ½ lb. ground beef

Sauce:

1 c. tomato juice
½ c. chili sauce
½ c. packed brown sugar
1 tsp. ground mustard
¼ tsp. ground cloves

In a bowl, soak bread in lemon juice for 2 minutes. Add egg, onion and salt; stir in beef. Shape into 1 ½-inch balls. Place in a greased 13 x 9 x 2-inch baking dish. Bake, uncovered, at 350° for 25 minutes. Drain.

Combine sauce ingredients; pour over the meat balls. Bake 30 minutes longer or until hot and bubbly. Yields 6 servings.

Lorette Gagnon

CALZONE

2 c. warm water
2 Tbsp. yeast
1 tsp. salt
¼ c. sugar
½ c. oil
5 c. flour

Roll out dough and cut into circle (extra large cookie cutter works good). Fill with your favorite pizza toppings and add a little pizza sauce. (Can put anything you like inside.) Fold dough in half to form a top. Seal edge. Brush top with egg white, oil or milk. Bake for 20 minutes at 350°.

Kim Gagnon

SWEET-SOUR PORK SAUSAGE BALLS

Meatballs:

1 lb. bulk pork sausage
1 slightly beaten egg
⅓ c. fine bread crumbs
½ tsp. sage

Sauce:

½ c. catsup
2 Tbsp. brown sugar
1 Tbsp. vinegar
1 Tbsp. soy sauce

Mix sausage, egg, bread crumbs and sage. Shape into about 2 dozen 1 ½-inch balls. In ungreased skillet, brown balls slowly on all sides, about 15 minutes. Pour off grease. Combine ingredients for sauce; pour over meat. Cover and simmer 30 minutes, stirring occasionally to coat meatballs. Can be served as an appetizer (if meatballs are made smaller). Serve over rice as a main dish.

St. Anne's Circle #545

ITALIAN BEEF

3 to 5 lb. beef roast
2 to 3 c. water
2 to 3 pkg. beef bouillon
½ c. chopped green pepper
garlic powder to taste
1 tsp. marjoram
1 tsp. thyme
1 tsp. oregano
2 Tbsp. Worcestershire sauce
hot pepper sauce to taste

Roast meat uncovered at 350° until internal reading is 150°, about 2 to 2 ½ hours. Cool and slice. Add water and bouillon to pan drippings; stir in seasonings and green peppers. Simmer 15 minutes (do not allow to boil). Put sliced beef into marinade and refrigerate overnight. Reheat to serve. Can be frozen.

St. Anne's Circle #545

BEEF WITH SOUR CREAM

1 lb. lean round steak
¼ c. flour, seasoned with salt, pepper and garlic powder
2 Tbsp. vegetable oil
¾ c. chopped onion
1 c. beef broth
½ tsp. thyme
1 (4 oz.) can sliced mushrooms with liquid
1 (10 oz.) pkg. frozen peas
½ c. sour cream
3 to 4 c. hot cooked rice

Remove bone and fat from steak. Cut meat into thin, narrow strips. Dredge in flour; using large skillet, quickly brown meat on all sides in hot oil. Add onions, broth, thyme, mushrooms, liquid from mushrooms and peas. Cover and cook 5 to 7 minutes. Stir in sour cream. Heat through; do not boil. Serve over hot rice.

St. Anne's Circle #545

BROCCOLI, HAM AND CHEESE CASSEROLE

1 head fresh or frozen broccoli
1 small jar Cheez Whiz
¼ c. milk
2 thick slices ham
bread crumbs

Cook broccoli 5 minutes in boiling unsalted water. In a small pan, melt cheese and milk. Put broccoli in a baking dish. Put chunks of ham on top of broccoli. Pour cheese sauce on top of broccoli and ham. Sprinkle bread crumbs on top of mixture. Bake at 350° until bread crumbs are brown.

St. Anne's Circle #545

SHRIMP AND CHEESE CASSEROLE

3 beaten eggs
1 can Cheddar cheese soup
1 ½ c. milk
6 slices buttered bread
8 oz. sharp cheese, sliced
2 (5 oz.) cans medium shrimp*

Mix together the eggs, soup and milk. Place 2 buttered slices of bread at the bottom of a greased 2-quart casserole. Lay slice of cheese on each, then half of the shrimp. Add a dash of salt and pepper. Make another similar layer, then end with bread and cheese. Pour soup mixture over all. Bake at 350° about 40 minutes until brown and puffy.

*Tuna or chicken can also be used.

St. Anne's Circle #545

MANICOTTI

1 box manicotti, cooked as directed
1 (16 oz.) carton Ricotta
½ c. bread crumbs
2 c. Mozzarella cheese, shredded
½ c. Parmesan cheese, grated
4 eggs, beaten
dash of salt
½ stick butter
1 large can tomato sauce
garlic powder to taste
1 c. Mozzarella cheese

Drain manicotti and place on foil in single layer. Mix next six ingredients together. Stuff pasta. Melt butter; add tomato sauce and garlic powder. Pour some sauce on bottom of baking dish. Add manicotti in single layer. Spoon remaining sauce over top. Sprinkle 1 cup Mozzarella cheese over sauce. Cover. Bake at 350° for 45 minutes. Uncover during the last 15 minutes.

St. Anne's Circle #545

SHRIMP SCAMPI

2 lb. jumbo shrimp
1 ½ sticks butter
¼ c. chopped onion
3 Tbsp. chopped garlic
1 tsp. salt
⅛ tsp. pepper
2 Tbsp. lemon juice
¼ c. chopped parsley

Shell and clean shrimp. Saute shrimp in butter with onion and garlic about 5 minutes; turn shrimp once. Transfer shrimp to hot serving dish; set aside. Add seasonings and lemon juice to skillet and heat. Pour over shrimp and sprinkle with chopped parsley.

St. Anne's Circle #545

SALMON CAESAR

4 eggs
2 c. milk
1 (10 ¾ oz.) can cream of mushroom soup
6 oz. pkg. Caesar croutons
1 lb. can salmon, flaked
½ c. chopped green pepper
¼ c. chopped onion
2 Tbsp. grated Parmesan cheese

In medium bowl, beat together eggs, milk and soup. Stir in croutons, flaked salmon, green pepper and onion. Pour into buttered 11 ¾ x 7 ½ x 1 ¾-inch baking dish. Sprinkle Parmesan cheese over top. Bake at 350° for 45 minutes or until set in center.

St. Anne's Circle #545

TOMATO PIE

1 baked pie shell
fresh tomatoes
½ c. sour cream
½ c. mayonnaise
½ c. Parmesan cheese

Place thick sliced, fresh tomatoes in pie shell. Mix sour cream, mayonnaise and cheese. Spoon mixture over tomatoes and bake at 350° for 15 to 20 minutes.

Teresa Surrette

BROCCOLI PIE

2 c. chopped broccoli
1 c. shredded Cheddar cheese (white or yellow)
½ c. chopped onion
½ c. chopped green pepper
1 ½ c. milk
3 eggs
¾ c. Bisquick
1 tsp. salt
¼ tsp. pepper

Heat oven to 400°. Cook broccoli in 1-inch of salted water until tender, about 5 minutes. Drain thoroughly. Mix broccoli, cheese, onion and pepper. Pour into greased 10-inch pie plate. Beat remaining ingredients until smooth. Pour into pie plate. Bake until knife comes out clean, approximately 35 to 40 minutes.

Kathleen Albert
Past Regent

SPINACH FETTUCCINE CARBONARA

1 (12 oz.) pkg. spinach fettuccine
½ lb. Canadian bacon, cut in julienne strips
½ c. butter
3 egg yolks
⅔ c. whipping cream
⅔ c. Parmesan cheese
salt and pepper to taste

Cook fettuccine 9 to 12 minutes (or al dente); drain.

Meanwhile, saute bacon in a tablespoon of butter until slightly browned. Slightly beat egg yolks. Add to cream; mix. Add remaining butter to skillet with bacon. Melt over low heat. Add fettuccine to skillet. Heat 2 minutes, stirring constantly. Remove from heat. Stir in egg mixture quickly to prevent eggs from hardening (should be creamy consistency). Add half the Parmesan cheese; stir just to blend. Salt and pepper to taste. Serve immediately. Sprinkle with remaining cheese.

Teresa Surrette

SPINACH QUICHE

4 eggs, slightly beaten
1 ½ c. milk
1 c. shredded Swiss cheese
1 pkg. Knorr vegetable soup mix
1 pkg. frozen, chopped spinach, thawed and squeezed dry
1 (9-inch) frozen, deep-dish pie crust

In a large bowl, combine eggs, milk, cheese, soup mix and spinach. Spoon into pie crust. Bake at 375° for 50 minutes or until knife comes out clean. Serves 4 to 6.

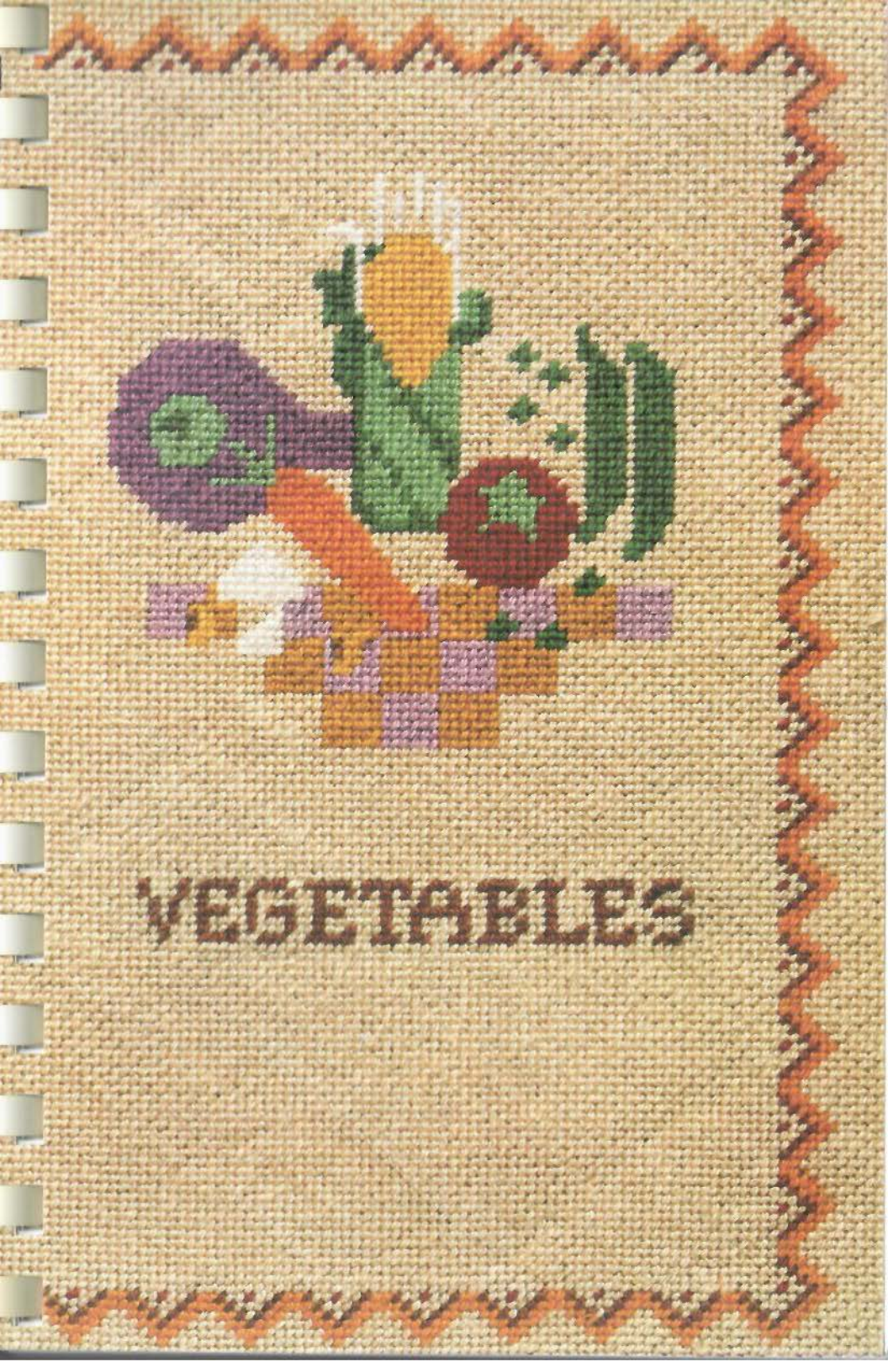
Darlene Rosebush

SAUSAGE-TOMATOES AND PEPPERS

1 large can crushed tomatoes
1 lb. Italian hot sausage
2 small cans mushrooms
1 jar fried peppers and onions

Cook tomatoes. In meantime, boil sausage in water for about 20 minutes. Drain water. Cut sausage in small pieces. Add oil to pan and fry sausage until brown. Add to cooked tomatoes with mushrooms and fried peppers and onions. Let simmer for ½ hour. Good over rice or macaroni or as a side dish.

Gally Osgood


VEGETABLES

How To Can Vegetables

POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F). The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button ® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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FRIED ZUCCHINI OR EGGPLANT

fresh zucchini or eggplant
1 beaten egg
¾ c. stale bread crumbs
¼ c. Grape-Nuts
2 Tbsp. butter
spaghetti sauce
Mozzarella cheese, shredded

Wash, cut into ½-inch slices and peel zucchini or eggplant. Dip in beaten egg. Coat with bread crumb/Grape-Nuts mixture. Brown on both sides in butter in uncovered frypan. Dribble with spaghetti sauce and sprinkle with Mozzarella cheese. Cover pan only until cheese is melted. Eat immediately.

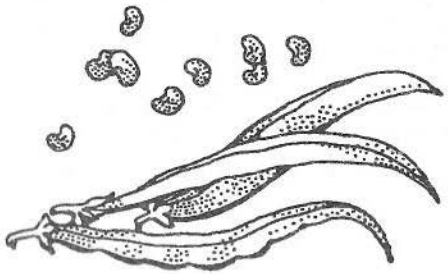
Rosamond Lyons
Charter Member, Deceased

VIDALIA CASSEROLE

4 to 5 Vidalia or sweet onions
¼ c. butter
¼ c. sour cream
¾ c. grated Parmesan cheese
10 butter flavored crackers, crushed

In a skillet over medium heat, saute onions in butter until tender. Remove from heat; stir in sour cream. Spoon half into a greased 1-quart baking dish. Sprinkle with cheese. Top with remaining onion mixture and crackers. Bake, uncovered, at 350° for 20 to 25 minutes. Yields 4 to 6 servings.

Nancy Raymond
Regent



SWEET POTATO CASSEROLE

1 (2 lb. 8 oz.) can cut sweet potatoes, drained
1 (8 oz.) can crushed pineapple, drained
½ c. maple syrup
½ c. pecan halves
¼ c. sliced dried apricots
¼ c. packed brown sugar
1 Tbsp. butter or margarine, melted
1 tsp. ground cinnamon
1 tsp. pumpkin pie spice
¼ tsp. salt

Place sweet potatoes in an ungreased 1 ½-quart baking dish. Combine remaining ingredients. Pour over the potatoes. Bake, uncovered, at 350° for 45 minutes or until heated through. Yields 8 to 10 servings.

Lorette Gagnon

CREAMY SCALLOPED POTATOES

2 lb. potatoes (about 6 medium)
3 Tbsp. butter or margarine
3 Tbsp. flour
salt and pepper
2 ½ c. milk
¼ c. finely chopped onion
1 Tbsp. butter or margarine

Heat oven to 350°. Wash potatoes. Pare thinly and remove eyes. Slice potatoes (about 4 cups). Melt 3 tablespoons of butter in saucepan over low heat. Blend in flour and seasonings. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

In buttered 2-quart casserole, arrange potatoes in 2 layers, topping each with half of the onion and half of the white sauce.

Kathleen Albert
Past Regent

PARMESAN BAKED POTATOES

6 Tbsp. butter or margarine, melted
3 Tbsp. grated Parmesan cheese
8 medium, unpeeled red potatoes (about 2 ¾ lb.), halved lengthwise

Pour butter into a 13 x 9 x 2-inch baking pan. Sprinkle Parmesan cheese over butter. Place potatoes with cut side down over cheese. Bake, uncovered, at 400° for 40 to 45 minutes or until tender. Yields 8 servings.

Lorette Gagnon

BROCCOLI BAKE

1 ½ lb. broccoli and cauliflower
1 can mushroom soup
¼ c. milk
shredded Cheddar cheese
1 c.Bisquick
¼ c. firm butter

Cook broccoli and cauliflower until tender. Beat soup and milk and pour over veggies. Sprinkle cheese over veggies. Mix Bisquick and butter until crumbly and top. Bake at 400° for about 20 minutes.

Barbara Potvin

BROCCOLI CASSEROLE

¼ c. chopped onion
6 Tbsp. margarine
2 Tbsp. flour
½ c. water
1 (8 oz.) jar Cheez Whiz
2 pkg. frozen, chopped broccoli
3 well beaten eggs

Saute onion. Stir in flour and water; cook until it thickens and blend in cheese until it's melted. Add broccoli and then eggs. It can be mixed and refrigerated the night before. Cook 45 minutes at 350°, uncovered.

Lillian Nisbett

BROCCOLI BAKE

broccoli
2 c. croutons
1 small diced onion
2 c. milk
4 Tbsp. margarine
29 slices American cheese

Cook broccoli in saucepan 5 minutes. Drain broccoli; put it in a baking dish with the croutons; set aside.

In saucepan, put onion, milk, margarine and cheese. Pour over broccoli and croutons. Bake at 350° for 20 minutes or until golden brown.

Pamela White
Past Regent

ELEANOR'S CHEESE AND MUSHROOM BAKE

½ c. chopped celery
¼ c. chopped onion
3 Tbsp. butter
½ lb. fresh mushrooms, sliced
4 c. day-old bread or rolls, cubed
2 c. (8 oz.) sharp Cheddar cheese
2 eggs
2 c. milk
2 tsp. dry mustard
1 tsp. salt
½ tsp. pepper

Saute onions and celery in butter. Add mushrooms; cook until tender. In a greased 2-quart casserole, layer half of the bread, then mushroom mixture and cheese. Repeat layers. Beat eggs, milk and seasonings. Pour evenly over bread mixture. Bake in preheated 325° oven for 45 minutes. Serves 6.

Great for brunch.

Diane Gagnon

CHUCK WAGON BEANS

1 can red kidney beans
1 can B&M pea beans
1 can lima beans, drained
½ pkg. bacon
1 lb. hamburg
1 onion
½ tsp. dry mustard
1 tsp. vinegar
¼ to ½ c. sugar

First, fry ½ pound of bacon until crisp. Remove bacon and fry 1 pound of hamburg and 1 medium onion. Add bacon in pieces. To the beans, add the dry mustard, vinegar, sugar and catsup. Cook slow in crock-pot 3 to 6 hours.

Judy Albert

RICE CASSEROLE

1 c. chopped celery
1 c. chopped onion
1 stick butter
8 oz. Cheez Whiz
2 cans cream of mushroom soup
1 can cream of chicken soup
2 ¼ c. Minute rice plus ½ c. water
1 pkg. chopped broccoli and cauliflower

Mix together and pour into lightly buttered casserole pan. Bake at 350° for 30 to 40 minutes.

Barbara Potvin

RUSSIAN SCALLOPED POTATOES

2 small onions, chopped
4 Tbsp. butter or margarine
1 Tbsp. flour
½ c. consomme
½ c. sour cream
1 tsp. Worcestershire sauce
2 drops Tabasco sauce
1 (16 oz.) can white potatoes
2 c. ham, cut into thin strips
2 small dill pickles
grated Parmesan cheese

Simmer the onions in half the butter until soft, but not brown. Add the flour; cook 5 minutes, then add consomme, sour cream, Worcestershire sauce and Tabasco sauce. Continue cooking 10 minutes longer over low heat. Slice potatoes thin and saute in remaining butter about 5 minutes.

Trim fat from ham and cut ham into strips about 1 x ½-inch. Peel the pickles and slice very thin. Mix all ingredients with the onion sauce carefully, using a fork. Place all together in a 9 x 9-inch baking dish. Sprinkle with Parmesan cheese and bake at 350° for about 20 minutes to ½ hour. Good with cucumber salad and pumpernickel bread.

St. Anne's Circle #545

BROCCOLI CASSEROLE

2 boxes frozen chopped broccoli
1 can cream of mushroom soup
½ c. mayonnaise
2 eggs, well beaten
1 medium onion, chopped
1 c. grated cheese
salt and pepper to taste
½ stick oleo
½ pkg. Pepperidge Farm herb stuffing mix

Drain cooked broccoli. Combine soup, mayonnaise, eggs and onion. Add to broccoli and stir. Pour in casserole. Sprinkle cheese on top. Add salt and pepper. Melt ½ stick oleo in pan. Add ½ package Pepperidge Farm herb stuffing mix. Sprinkle on top. Bake at 350° for 30 minutes.

St. Anne's Circle #545

HONEY GLAZED BRANDIED CARROTS

1 (1 lb.) bag frozen baby carrots
3 Tbsp. butter
3 Tbsp. honey
2 Tbsp. brandy
1 ½ Tbsp. chopped parsley
salt and pepper to taste

Cook carrots in salted water until they are tender; drain. In a skillet, place carrots and remaining ingredients; cook and stir until carrots are glazed and glossy. Serves 6.

St. Anne's Circle #545

ZUCCHINI AND TOMATO

2 Tbsp. butter
½ c. chopped green pepper
¼ c. chopped onion
2 c. sliced zucchini, ½-inch thick (about 3 small)
½ c. soft bread crumbs
¼ c. grated Parmesan cheese
1 tsp. salt
dash of pepper
2 c. tomato wedges
½ c. shredded Cheddar cheese

Melt butter and saute green peppers and onions. Add zucchini, bread crumbs, Parmesan cheese, salt and pepper. Turn into 1 ½-quart covered casserole. Bake at 375° for 20 minutes. Add tomatoes and bake 10 minutes more. Melt Cheddar cheese on top and serve.

St. Anne's Circle #545

ITALIAN STYLE ZUCCHINI

6 zucchini
3 c. soft bread crumbs
grated Parmesan cheese
1 small onion, minced
3 Tbsp. minced parsley
1 tsp. salt
⅛ tsp. pepper
2 eggs, beaten
2 Tbsp. oleo

Cut ends from zucchini (do not pare); cook in boiling salted water for 5 minutes. Halve lengthwise. Remove pulp with spoon; reserve shells. Combine zucchini pulp, crumbs, ½ cup cheese, onion, parsley, salt, pepper and eggs; mix well. Fill shells. Dot with butter and sprinkle with cheese. Bake at 350° for 30 minutes.

St. Anne's Circle #545

CROCK-POT CABBAGE ROLLS

12 large cabbage leaves
1 beaten egg
¼ c. milk
¼ c. finely chopped onion
1 tsp. salt
¼ tsp. pepper
1 lb. lean ground beef
1 c. cooked rice
1 (8 oz.) can tomato sauce
1 Tbsp. brown sugar
1 Tbsp. lemon juice
1 tsp. Worcestershire sauce

Immerse cabbage leaves in large kettle of boiling water for about 3 minutes or until limp; drain. Combine egg, milk, onion, salt, pepper, beef and cooked rice. Place about ¼ cup meat mixture in center of each leaf; fold in sides and roll ends over meat. Place in crock-pot. Combine tomato sauce with brown sugar, lemon juice and Worcestershire sauce. Pour over cabbage rolls. Cover and cook on low 7 to 9 hours. Makes 6 servings.

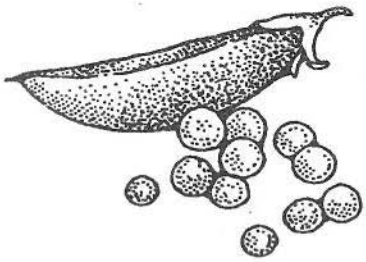
St. Anne's Circle #545

BOSTON BAKED BEANS

2 lb. pea beans
1 tsp. baking soda
½ lb. salt pork
8 Tbsp. sugar
⅔ c. molasses
2 tsp. dry mustard
½ tsp. pepper

Soak beans overnight. In morning, parboil them for 10 minutes with a teaspoon of baking soda, then run cold water through the beans in a colander. Dice rind of salt pork in 1-inch squares; divide in half. Put half in 2-quart bean pot (bottom). Put beans in pot. Put rest of pork on top. Mix other ingredients with hot water. Pour over beans. Bake in 300° oven for 6 hours. Add more water when needed. Uncover for last half hour.

St. Anne's Circle #545

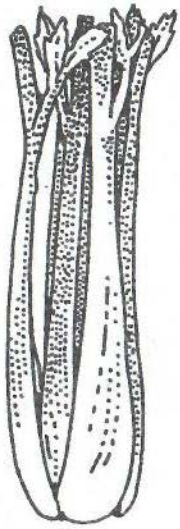


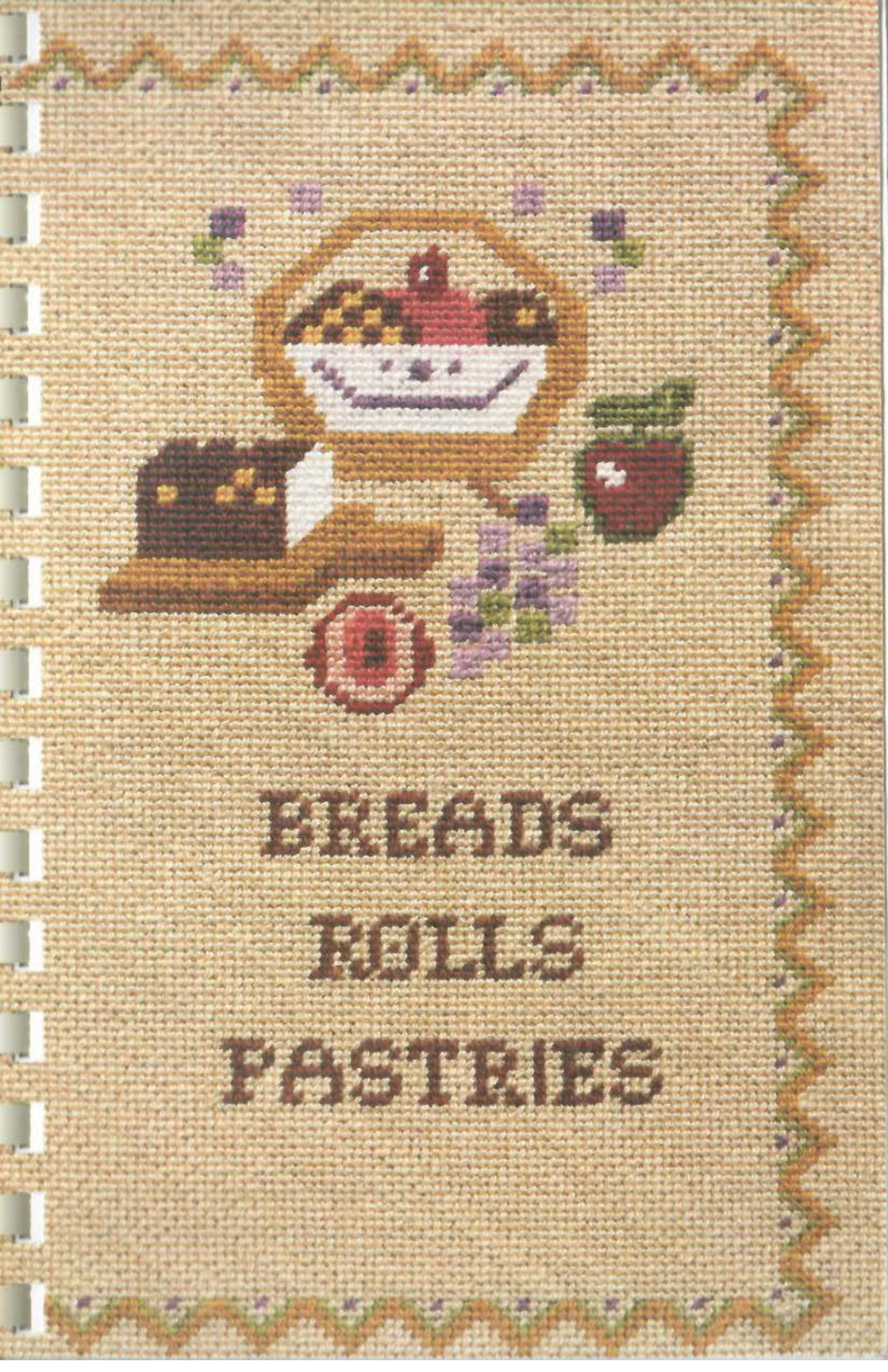
STUFFED CABBAGE BUNDLES

1 large cabbage head
1 lb. ground beef
½ lb. ground pork
1 c. fine bread crumbs
2 Tbsp. meat stock
⅓ c. chopped onion
1 egg
1 tsp. salt
¼ tsp. pepper
1 c. cooked rice

Boil cabbage until leaves are wilted; separate leaves. Mix all other ingredients and mold into egg-size balls. Place each on a cabbage leaf, wrap and fasten with toothpicks. Brown lightly in a greased skillet. Cover and simmer 2 hours. Add a small amount of water if necessary. You may serve with tomato sauce or plain. Serves 8 to 10.

St. Anne's Circle #545




BREADS
ROLLS
PASTRIES

Baking Tips

COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening, too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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SUGAR DOUGHNUTS

1 ½ c. sugar
4 tsp. melted butter
3 eggs
1 ½ c. buttermilk
3 tsp. baking powder
1 ½ tsp. soda
2 tsp. nutmeg
1 tsp. ginger
about 4 c. flour

Chill several hours before frying.

Melvina Baker
Deceased Member

FRENCH DOUGHNUTS

⅓ c. shortening
½ c. sugar
1 egg
1 ⅓ c. flour
1 ½ tsp. baking powder
¼ tsp. nutmeg
½ c. milk
9 Tbsp. melted oleo
¾ c. sugar
1 ½ tsp. cinnamon

Cream the shortening and sugar. Add egg and mix well. Sift the flour, baking powder and nutmeg together and add to shortening mixture alternately with the milk. Grease small muffin tins and fill ¾ full.

Bake at 350° for 20 to 25 minutes. After they are cool, dip in 9 tablespoons of melted oleo and roll in ¾ cup of sugar and cinnamon.

Mary Giberson

NEVER FAIL DOUGHNUTS

3 eggs, slightly beaten
1 c. sugar
¼ c. cooking oil
1 c. sour milk or buttermilk
½ tsp. salt
2 tsp. soda
2 tsp. cream of tartar
¼ tsp. nutmeg
¼ tsp. ginger

Flour to roll and handle easy. Makes 3 ½ dozen.

Rella Chesley

DROP DOUGHNUTS

½ c. mashed potatoes, mashed with milk and butter
¼ c. sugar
1 egg, beaten
½ c. sour cream
½ tsp. vanilla extract
1 ½ c. all-purpose flour
½ tsp. baking soda
¼ tsp. baking powder
cooking oil (for deep-fat frying)
additional sugar or confectioners sugar (optional)

In a bowl, combine potatoes, sugar, egg, sour cream and vanilla. Combine dry ingredients. Stir into potato mixture.

Heat oil in an electric skillet or deep-fat fryer to 375°. Drop dough by teaspoonfuls, 5 to 6 at a time, into hot oil. Fry for 1 minute per side or until golden brown. Drain on paper towels. Roll in sugar, if desired. Serve immediately. Yields 3 to 3 ½ dozen.

Lorette Gagnon

PANCAKES
(French-Style)

3 eggs, beaten
¼ tsp. salt
3 c. flour
1 tsp. baking powder
1 ¾ c. milk
½ c. water (cold)

Mix flour, baking powder and salt in a bowl; add milk, water and the beaten eggs. Mix very well so it's not lumpy. Then take a frying pan and add oil or Crisco until it's hot. Pour in some of the batter like the thickness of a pancake. When it's crispy (to your liking), flip to cook other side. Remove and make more. Makes about 15 pancakes. Add to cooked pancakes, butter, syrup or brown sugar, whatever you desire.

Karen Ruitto

PANCAKES

2 c. white flour
2 Tbsp. baking powder
2 Tbsp. white sugar
dash of salt
2 c. milk
½ c. cooking oil
2 eggs, separated

Mix dry ingredients together, then add milk and egg yolks. Mix well and add cooking oil. Beat egg whites until stiff; fold into batter. Makes delicious pancakes or waffles.

Francine Leathers

STREUSEL COFFEECAKE

¾ c. sugar
⅓ c. Crisco oil
1 egg
½ c. milk
1 ½ c. flour
2 tsp. baking powder
½ tsp. salt

Combine sugar, Crisco oil and egg. Add milk and beat thoroughly. Stir in combined dry ingredients. Beat until smooth. Spread in a greased 9-inch square pan. Sprinkle with Streusel Topping. Bake at 375° for 30 to 35 minutes.

Streusel Topping:

½ c. light brown sugar
2 Tbsp. flour
2 tsp. cinnamon
2 Tbsp. Crisco oil
½ c. chopped nuts

Combine all ingredients with a fork. Sprinkle on batter.

Luella Michaud

COFFEE CAKE

½ c. chopped nuts
½ c. sugar
2 tsp. cinnamon
3 ½ c. flour
1 tsp. baking powder
1 tsp. salt
2 c. sour cream
2 tsp. soda
1 c. margarine
2 c. sugar
4 eggs
1 tsp. vanilla

Combine nuts, ½ cup of sugar and cinnamon; set aside. Mix flour, baking powder and salt. Combine sour cream and soda. Cream margarine and 2 cups of sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla. Gradually add flour mixture alternately with sour cream mixture, beginning and ending with flour mixture. Spoon ⅔ of batter into a greased 10-inch tube pan. Top with half of the nut mixture. Add the remaining batter and nut mixture on top.

Bake at 350° for about 1 hour or until cake begins to pull away from sides of pan. Cool 15 minutes. Remove from pan.

Mary Giberson

JEWISH COFFEE CAKE

3 eggs
¾ c. oleo
1 ½ c. sugar
1 c. sour cream
3 c. flour
1 ½ tsp. baking powder
1 ½ tsp. soda
½ tsp. salt
2 tsp. vanilla
⅔ c. walnuts, cut fine
⅓ c. sugar
1 tsp. cinnamon

Beat together the eggs, oleo, sugar and sour cream. Sift together the flour, baking powder, soda and salt. Add the vanilla and flour mixture to egg batter.

Mix the walnuts, sugar and cinnamon. Pour half of batter and half of nut mixture into well-greased pan. Repeat and bake at 350°.

Mae Gallant

SOUR CREAM COFFEE CAKE

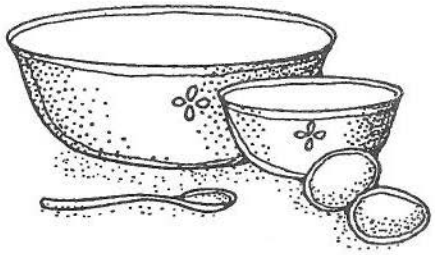
½ c. oleo
1 c. sugar
2 eggs
2 c. flour
1 tsp. baking powder
1 tsp. soda
½ tsp. salt
16 oz. sour cream
1 ½ tsp. vanilla

Topping:

1 c. finely chopped nuts
1 tsp. cinnamon
½ c. brown sugar

Cream the oleo. Add sugar gradually and unbeaten eggs, vanilla and sour cream. Add dry ingredients. Pour half of batter in tube pan and pat down. Pour remaining batter and add topping. Bake at 350° for 40 to 45 minutes.

Esther Morris
Past Regent



DONKEY BALLS

4 pkg. Pillsbury biscuit dough (blue tubes)
1 stick oleo
1 c. mixture sugar and cinnamon
chopped nuts

Melt butter in pan. Roll each biscuit into a ball. Roll each ball in butter, then in sugar and cinnamon mixture. Place each ball in bottom of Bundt pan. Sprinkle with nuts and sugar and cinnamon mixture. Repeat this layer. Bake at 375° for 35 minutes. Take out of pan and frost with Cream Cheese Frosting.

Cream Cheese Frosting:

1 (3 oz.) pkg. cream cheese, softened
½ c. margarine, softened
1 tsp. vanilla
2 c. powdered sugar

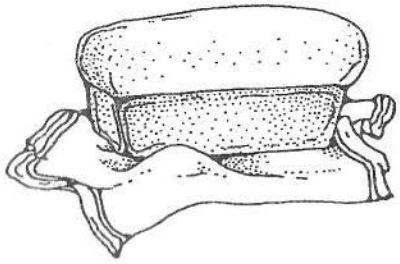
Laurie Jamo

SCONES

2 c. flour
3 tsp. baking powder
1 tsp. salt
¼ c. sugar
⅓ c. shortening
1 whole egg
1 egg yolk (save white)
½ c. milk
¼ c. raisins or chopped dates

Mix the first 5 ingredients like pie crust. Add egg plus egg yolk of another. Mix in milk. Add raisins or dates. Roll out ½ inch thick. Brush top with egg white and sprinkle with cinnamon and sugar. Cut into triangles. Bake at 400° for 15 minutes.

Nancy A. Raymond
Regent



DOUBLE LAYER PUMPKIN PIE

4 oz. Philadelphia Brand cream cheese, softened
1 Tbsp. milk
1 Tbsp. sugar
1 (8 oz.) tub Cool Whip whipped topping, thawed
1 prepared graham cracker crumbs crust (6 oz.)
1 c. cold milk
1 (16 oz.) can pumpkin
2 (4 serving size) pkg. vanilla instant pudding
1 tsp. cinnamon
½ tsp. ground ginger
¼ tsp. ground cloves

Mix cream cheese, 1 tablespoon of milk and sugar in a large bowl with wire whisk until smooth. Gently stir in 1 ½ cups of the whipped topping. Spread into bottom of crust.

Pour 1 cup of milk into a large bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. (Mixture will be thick.) Spread over cream cheese layer. Refrigerate 4 hours or until set. Garnish with remaining whipped topping. Store leftover pie in refrigerator. Makes 8 servings.

Helpful Hint: Soften cream cheese in microwave on High 15 to 20 seconds.

Kim Gagnon

PEANUT BUTTER PIE

Crust:

1 ¼ c. chocolate cookie crumbs (20 cookies)
¼ c. sugar
¼ c. butter or margarine, melted

Filling:

1 (8 oz.) pkg. cream cheese, softened
1 c. creamy peanut butter
1 c. sugar
1 Tbsp. butter or margarine, softened
1 tsp. vanilla extract
1 c. heavy cream, whipped

Combine crust ingredients. Press into a 9-inch pie plate. Bake at 375° for 10 minutes. Cool.

In a mixing bowl, beat cream cheese, peanut butter, sugar, butter and vanilla until smooth. Fold in whipped cream. Gently spoon into crust. Refrigerate. Yields 8 to 10 servings.

Lynn Beaumont

PUMPKIN IMPOSSIBLE PIE

¾ c. sugar
½ c. Bisquick
2 Tbsp. butter or margarine
1 (13 oz.) can evaporated milk
2 eggs
1 (16 oz.) can pumpkin
2 tsp. vanilla
spice to flavor

Bake 50 to 55 minutes at 350° in greased pie dish.

Kim Gagnon

PEANUT BUTTER PIE

1 c. confectioners sugar
1 (8 oz.) pkg. cream cheese
½ pkg. Knox gelatine
½ c. peanut butter
8 oz. Cool Whip
½ c. milk

Heat and dissolve gelatine in milk. Add Cool Whip last. Put in graham cracker crust.

Kim Gagnon

SUGAR PIE

2 c. brown sugar
½ c. flour (can use cornstarch, but use less)
Carnation milk (Carnation is best)
2 Tbsp. butter
1 tsp. vanilla
walnuts (optional)
2 unbaked pie crusts

Mix the brown sugar and flour well. Add milk until quite thin, like fudge. Add butter and vanilla. Can put walnuts on top. Put in unbaked crusts. Makes 2 pies.

Kim Gagnon

PECAN PIES

¼ lb. butter, melted
1 lb. brown sugar
½ c. milk
3 eggs, well beaten
1 Tbsp. vinegar
2 tsp. vanilla
6 oz. chopped pecans

Combine all the ingredients just as listed, beating well with each addition and pour into the hot crusts. Return to bake at 350° for 1 hour or until a knife inserted in centers comes out clean. Cool before cutting. Makes two 9-inch pies. Garnish each serving with Cool Whip and a few more chopped pecans.

Jean C. Daigle

CRUSTLESS PUMPKIN PIE

1 (15 oz.) can pumpkin
1 (12 oz.) can evaporated skim milk
egg substitute to equal ¾ sugar
1 tsp. ground cinnamon
¼ tsp. allspice
¼ tsp. ginger
⅛ tsp. salt
½ c. reduced fat graham cracker crumbs
light whipped topping and additional cinnamon (optional)

In a mixing bowl, combine the pumpkin, milk, egg substitute, egg whites and sweetener. Beat until smooth. Add the spices and salt. Beat until well mixed. Stir in graham cracker crumbs. Pour into a 9-inch pie plate that has been coated with nonstick cooking spray.

Bake at 325° for 50 to 55 minutes or until a knife inserted near the center comes out clean. Cool. If desired, garnish with dollop of whipped topping and sprinkle of cinnamon.

Sweet 'N Low or Sweet One is recommended for baking.

Priscilla Collinsworth
Past Regent

KEY LIME PIE

4 eggs (reserve whites for meringue)
1 (14 oz.) can sweetened condensed milk
½ c. lime juice
2 to 3 tsp. lime peel, grated
few drops green food coloring
1 baked 9-inch pie shell
½ c. sugar
½ tsp. cream of tartar

Beat egg yolks. Stir in milk, lime juice, peel and food coloring. Beat 1 egg white until stiff. Fold into milk mixture. Turn into pastry shell. Beat reserved egg whites with cream of tartar until foamy. Gradually add sugar. Beat until stiff, but not dry. Spread meringue on top of pie, sealing to edge. Bake at 350° for 15 minutes or until brown. Cool before serving.

Luelle Michaud

MOTHER'S CUSTARD PIE

3 c. milk, heated to scalding point
4 eggs, beaten lightly
1 c. sugar
pinch of salt and nutmeg

Stir eggs into sugar and then stir into hot milk. Pour at once into pie plate which has been lined with pastry.

Rella Chesley

FRESH STRAWBERRY PIE

1 c. sugar
5 Tbsp. cornstarch
½ tsp. red food coloring
7 oz. 7-Up

Cook until thick. Let set for 2 minutes. Fold in 1 quart of fresh strawberries. Place in baked pie shell. Serve with whipped cream or Cool Whip.

Eva Page
Eunice Page

APPLE CRUMBLE PIE

5 c. cubed, peeled baking apples
½ c. sugar
2 Tbsp. all-purpose flour
1 tsp. ground cinnamon
½ tsp. ground nutmeg
1 unbaked pie shell (9-inch)

Topping:

½ c. sugar
½ c. all-purpose flour
½ c. butter or margarine

In a bowl, combine the first 5 ingredients. Spoon into pie shell.

For topping, combine sugar and flour. Cut in butter until mixture resembles coarse crumbs. Sprinkle over pie. Bake at 400° for 10 minutes. Reduce heat to 375°. Bake for 40 to 45 minutes or until the topping is browned and apples are tender. Cover crust edges with foil during last 15 minutes if needed. Cool completely before cutting. Yields 6 to 8 servings.

Lorette Gagnon

MOTHER'S DINNER ROLLS

2 (¼ oz.) pkg. active dry yeast
1 c. warm water
1 c. shortening
¾ c. sugar
1 tsp. salt
2 eggs, beaten
7 ½ to 8 c. all-purpose flour

In a small bowl, dissolve yeast in warm water.

Meanwhile, in a large mixing bowl, combine boiling water, shortening, sugar and salt. Allow to stand 3 to 4 minutes or until shortening is melted and mixture and eggs; mix well. Add 2 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough (do not knead). Place in a greased bowl, turning once to grease top. Cover and refrigerate overnight. Turn dough onto a floured surface. Pinch off a piece and form a 2 ½-inch ball. Roll into a 5-inch rope. Shape into a knot. Repeat with remaining dough. Place on a greased baking sheet. Cover and let rise in a warm place until doubled, about 30 minutes.

Bake at 350° for 20 to 25 minutes or until golden brown. Yields 2 ½ dozen.

Lorette Gagnon

SWEET ROLLS

2 pkg. dry yeast
½ c. warm water
½ c. shortening
¼ c. sugar
1 Tbsp. salt
2 c. boiling water
7 c. flour
2 eggs

Dissolve the yeast in warm water; set aside. Dissolve shortening, sugar and salt in 2 cups of boiling water; set aside and cool. Combine both mixtures. Add eggs and mix. Add 4 cups of flour; beat until smooth. Add 3 more cups of flour and beat until smooth. Let rise for 2 hours. Punch down. Form into rolls and put into a 9 x 13-inch pan. Let rise 1 hour. Bake until golden brown at 375°, 25 to 30 minutes.

Joanne Farmer
Past Regent

OATMEAL BREAD OR ROLLS

4 c. boiling water
2 c. oatmeal
2 Tbsp. Crisco
⅔ c. molasses
2 tsp. salt
2 pkg. dry yeast, dissolved in ½ c. warm water
8 to 10 c. flour (about)

Pour boiling water over oatmeal and shortening. When lukewarm, add yeast mixture, molasses, salt, plus 2 cups of flour; beat well. Gradually add more flour until ready to knead on board. Keep adding flour as you are kneading until dough does not stick to board. Let rise until doubled in covered greased bowl. Put in tins and let rise again. Bake at 350° for about 45 minutes.

Lois Bell
For Hazel Coffey

MONKEY BREAD

4 cans biscuits
¾ c. sugar
2 tsp. cinnamon
1 ¼ sticks oleo
1 c. walnuts

Quarter the biscuits. Roll in sugar and cinnamon mixture and place in round Bundt pan in layers. Place broken walnuts in between the layers of biscuits. Take leftover sugar and cinnamon and add enough sugar to make 1 cup, plus 1 teaspoon of cinnamon. Melt the oleo. Add the sugar and cinnamon and boil 1 minute. Pour over biscuits. Bake at 350° until done.

Eunice Page

SOPHIE'S BREAD

5 Tbsp. sugar
1 Tbsp. salt
shortening the size of an egg
1 c. boiling water
1 large yeast cake
1 c. lukewarm water
3 c. lukewarm water
flour

Put shortening in a large bowl and pour 1 cup of boiling water over until it melts. Add sugar and salt. Dissolve yeast cake in 1 cup lukewarm water. Add to above ingredients. Add 3 more cups of warm water. Add enough flour to knead. Let raise. Push down. Put in pans or make rolls. Let raise again. Bake.

Sophie Duprey
Nancy Raymond

MONKEY BREAD

3 cans Pillsbury buttermilk biscuits
1 c. sugar
1 stick butter
3 or 4 tsp. cinnamon

Cut biscuits in 4 pieces. Mix sugar and cinnamon together in bag. Shake biscuits in the mixture. Take pieces out and put in a Bundt pan in layers. Take remaining cinnamon and sugar mixture and mix with 1 stick of melted butter. Pour over top of cake. Bake at 350° for about 20 to 25 minutes.

Karen Ruitto

GINGERBREAD

1 c. molasses
½ c. sugar
⅓ c. shortening
2 ½ c. flour
1 Tbsp. ginger
1 tsp. cloves
1 tsp. cinnamon
½ tsp. salt
2 tsp. soda
1 c. boiling water
2 eggs

Mix molasses, sugar and shortening. Add flour with the spices. Mix well. Add water and mix until everything is blended. Add beaten eggs last. Bake at 350° for 30 minutes in a 9 x 13-inch greased pan.

Mary Morin

OATMEAL BREAD

1 c. oats
1 tsp. salt
1 Tbsp. shortening
1 c. raisins
1 pkg. yeast
½ c. molasses
4 c. or more flour

Pour 2 cups of boiling water over oat mixture. Set aside to cool. Add yeast to cooled mixture to dissolve. Add molasses and 3 cups of flour. Mix. Knead with more flour until not sticky. Cover. Let stand 15 minutes. Place dough in 2 greased loaf pans. Let rise until doubled its size. Bake at 350° for 1 hour or until golden brown.

Louise M. Cote
Past Regent

PUMPKIN BREAD

4 eggs, beaten
3 c. sugar
1 c. vegetable oil
⅔ c. coid water
1 can pumpkin (1 pie)
3 ½ c. flour
1 ½ tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
2 tsp. soda
½ c. nuts

Mix all ingredients together in a large bowl. Pour evenly into 3 loaf pans. Spread nuts over top. Bake at 350° for 1 ½ hours.

Mary Giberson

RHUBARB BREAD

1 ½ c. brown sugar
⅔ c. oil
1 egg
1 c. buttermilk or sour milk
2 tsp. vanilla
1 tsp. soda
dash of salt
2 ½ c. flour
1 ½ c. sliced thin rhubarb
½ c. nuts (optional)
1 Tbsp. butter, melted with ⅓ c. sugar (to sprinkle over top)

Butter two 9 x 5-inch loaf pans. Mix dry ingredients. Add to mixture of brown sugar, oil, egg, buttermilk and vanilla. Stir in rhubarb and nuts. Pour into prepared pans. Bake in 350° oven until done or about 1 hour. Remove from oven and drizzle with melted butter and sugar.

Caroline Beaulieau
Deceased

ZUCCHINI BREAD

3 eggs, beaten light and fluffy
1 c. oil
2 c. sugar
3 c. flour, sifted
1 tsp. salt
2 tsp. baking powder
2 tsp. soda
1 tsp. cinnamon
2 c. grated, unpeeled zucchini

Grease 2 bread pans. Beat eggs, oil and sugar. Mix dry ingredients. Add to egg mixture. Fold in zucchini. Bake at 350° for 1 hour.

Mamie Pray
Deceased

BANANA BREAD

½ c. Wesson oil
1 c. sugar
1 egg
2 bananas, mashed
2 c. flour
1 tsp. salt
1 tsp. baking soda
½ c. nuts

Mix oil, sugar, egg and mashed bananas. Add dry ingredients and mix. Add nuts. Stir until moistened. Batter will be lumpy. Pour into greased and floured pan. Bake at 350° for 55 minutes.

In memory of grandmother, Alice Morin, deceased charter member.

Bernadette Gagnon

BANANA TEA BREAD

⅓ c. soft shortening
⅔ c. sugar
2 eggs
1 ¾ c. flour
2 tsp. baking powder
¼ tsp. soda
1 c. mashed, ripe bananas

Mix shortening and sugar. Add eggs. Beat until light and fluffy, about 4 minutes. Add alternately at low speed the flour mixture with bananas. Pour into greased loaf pan. Bake at 350° for 1 hour.

Louise M. Cote
Past Regent

BANANA NUT BREAD

3 bananas, mashed
2 eggs, beaten
1 c. sugar
½ c. shortening
2 c. flour
1 tsp. soda
¼ tsp. salt
½ c. walnuts

Mash bananas with a fork. Add the beaten eggs; beat well. Stir in the sugar, shortening and milk. Stir in the flour, soda, salt and walnuts. Put in greased bread tin and bake at 350° for 1 hour and 15 minutes. Cool before cutting.

Maude Gallant
Charter Member

BANANA BREAD

1 c. sugar
½ c. Crisco
2 eggs
½ c. cold water
2 c. flour
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
3 bananas

Mix sugar, Crisco, eggs and cold water. Add dry ingredients and mix together. Mash the bananas and add to batter. Add the walnuts and bake at 350° for 1 hour.

Eunice Page

SHREDDED WHEAT BREAD

2 c. boiling water
over 2 large Shredded Wheat
1 tsp. salt
⅓ c. molasses
⅓ c. sugar
3 Tbsp. shortening
6 c. flour
2 pkg. dry yeast
½ c. warm water

Pour water over Shredded Wheat. Add salt, molasses, sugar and shortening. Let cool to lukewarm. Add yeast mixture. Add 6 cups of flour. Rise until doubled, then make into bread or rolls. Rise and bake at 375° for about ½ hour.

Esther Morris
Past Regent

ZUCCHINI BREAD OR MUFFINS

Double Batch:

2 c. sugar
3 eggs
2 c. margarine
1 c. walnuts or raisins
3 ½ c. flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla
½ tsp. salt
2 c. zucchini

Dice zucchini and mix all ingredients. Put in 2 loaf pans and bake at 350° for 1 hour. Muffins: Bake at 350° for 30 minutes.

Number 10 on the scale of goodness. Handed down from Germaine Albert.

Judy Albert

PUMPKIN CHOCOLATE CHIP MUFFINS

1 ⅔ c. flour
1 c. sugar
1 Tbsp. pumpkin pie spice
1 tsp. baking soda
¼ tsp. baking powder
¼ tsp. salt
2 large eggs
1 c. plain pumpkin
½ c. melted butter
1 c. chocolate chips
½ tsp. almond extract (I use vanilla)

Preheat oven to 350°. Grease muffin tins. Mix flour, sugar, spice, baking soda, baking powder and salt in a large bowl. Break eggs into another bowl. Add pumpkin and butter. Whisk until well blended. Stir in chocolate chips and vanilla. Pour over dry ingredients and fold in with rubber spatula just until dry ingredients are moistened. Scoop batter evenly into muffin tin. Bake 20 to 25 minutes or until puffed and springy. Reheats well.

Lynn Nicholson

PUMPKIN MUFFINS

Six to Seven Dozen:

2 c. Crisco
8 c. sugar
12 eggs
45 oz. pumpkin
2 c. water
10 c. flour
6 tsp. baking soda
4 ½ tsp. salt
1 ½ tsp. baking powder
3 tsp. cinnamon
3 tsp. cloves

One-Third Batch (2 to 2 ½ Dozen):

⅔ c. Crisco
2 ⅔ c. sugar
4 eggs
1 (15 oz.) can pumpkin
⅔ c. water
3 ⅓ c. flour
2 tsp. baking soda
1 ⅓ tsp. salt
½ tsp. baking powder
1 tsp. cinnamon
1 tsp. cloves

Cream Crisco and margarine together. Add eggs and mix well. Add pumpkin and water and mix well. Mix dry ingredients together and gradually add to pumpkin mixture; mix well. Add nuts to taste, if desired. Drop into cupcake paper filled muffin muffin pans to about ¾ full.

Bake at 400° for about 20 minutes or toothpick inserted comes out clean.

Bernadette Gagnon

OLD FASHIONED APPLESAUCE MUFFINS

1 c. milk
1 beaten egg
¼ c. melted shortening
2 c. sifted flour
4 tsp. baking powder
½ tsp. salt
2 Tbsp. sugar
cinnamon-sugar (optional)
1 c. regular applesauce

Grease 2 muffin pans. Heat oven to 375°, then blend egg, milk and melted shortening in a bowl. Sift together all dry ingredients and stir gently into moist ingredients. Batter should be slightly lumpy. Drop 1 tablespoon of batter into each muffin cup, then drop a rounded teaspoonful of applesauce on batter and fill with remaining batter. Sprinkle with cinnamon-sugar, if desired.

Bake about 25 minutes or until clean toothpick comes out dry. Makes 12 muffins. Recipe doubles well.

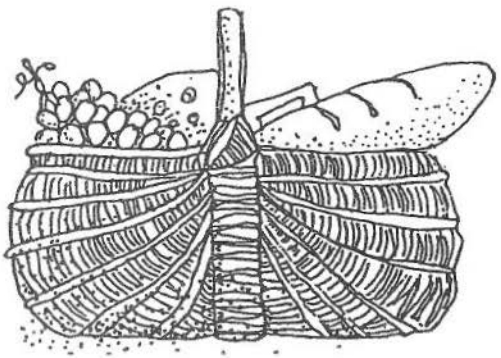
Bea Daigle

BLUEBERRY MUFFINS

2 eggs
1 c. milk
½ c. cooking oil
3 c. flour
1 c. sugar
4 tsp. baking powder
2 c. blueberries

Beat eggs slightly with milk and oil. Add sifted flour, sugar and baking powder. Fold in blueberries. Fill muffin cups ⅔ full. Bake at 400° for 20 minutes.

Louise M. Cote
Past Regent



SUGAR-FREE APPLESAUCE RAISIN MUFFINS

1 large egg
2 Tbsp. vegetable oil
1 ½ c. unsweetened applesauce
2 c. flour
¾ tsp. baking soda
2 tsp. baking powder
½ tsp. nutmeg
½ tsp. cinnamon
¾ c. raisins

Beat together the egg, oil and applesauce. Add flour, baking soda, baking powder and spices. Beat well and add raisins. Grease and flour muffin pan. Fill ½ to ¾ full. Bake in 375° oven for 20 to 25 minutes.

Cooking time: 20 to 25 minutes. Oven temperature: 375°. Pan size: Muffin tins.

Priscilla Collinworth
Past Regent

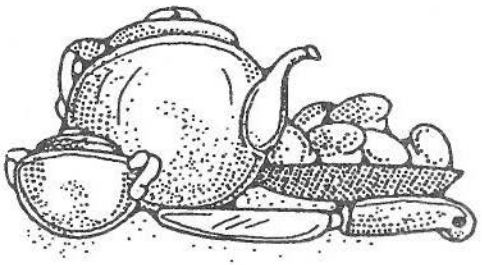
SQUASH MUFFINS

½ c. shortening
½ c. sugar
1 egg
1 c. milk
1 c. mashed squash
2 c. flour
1 tsp. salt
1 tsp. soda
1 tsp. cream of tartar

Cream the shortening and sugar. Add egg and mix well. Add milk and squash. Mix and sift together the flour, salt, soda and cream of tartar. Add to creamed mixture. Stir only enough to mix. Bake in greased muffin tins or iron gem pans in hot oven (425°) for 20 to 25 minutes. Makes about 16 muffins.

(Very light and fluffy!)

Teresa Surrette



MINI-MORSEL MUFFINS WITH CRUMB TOPPING

Topping:

½ c. packed brown sugar
2 Tbsp. butter, melted
1 Tbsp. flour
½ c. finely chopped nuts
½ c. semi-sweet chocolate mini-morsels

Muffins:

1 ½ c. flour
¾ tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
6 Tbsp. butter
⅔ c. sugar
1 tsp. vanilla
2 eggs
⅔ c. sour cream
1 ½ c. mini-morsels (rest of bag)

Topping: Combine the brown sugar, butter and flour. Stir in the nuts and morsels.

Muffins: Combine flour, baking powder, soda and salt. Beat butter, sugar and vanilla; add eggs 1 at a time. Gradually beat in flour. Mix alternately with sour cream. Fold in 1 ½ cups of mini-morsels. Spoon into paper cup half full. Sprinkle each with 1 rounded tablespoonful of topping. Bake at 350° for 20 to 25 minutes.

Teresa Surrette

WILD BLUEBERRY MUFFINS

1 egg
⅓ c. sugar
½ c. milk
2 tsp. baking powder
¼ c. cooking oil
½ tsp. salt
1 ½ c. flour
1 c. blueberries

Beat together the egg, milk and cooking oil; set aside. Sift together the flour, sugar, baking powder and salt. Make a well in center of dry ingredients. Add egg mixture. Stir just enough to moisten. Fold in berries and put in greased muffin cups. Bake at 400° for 20 to 25 minutes.

Maude Gallant
Charter Member

BERNICE'S BISCUITS

2 c. flour
3 tsp. baking powder
1 tsp. salt
½ c. sugar
⅓ c. Crisco
⅔ c. milk
1 unbeaten egg

Sift together the dry ingredients. Cut in Crisco. You may store in a jar at this point. When ready to use, add ⅔ cup of milk and egg. Stir just until mixed. Knead on floured board about 10 times. Bake 20 minutes at 425°.

Teresa Surrette

BISCUITS

2 c. flour
3 Tbsp. baking powder
½ tsp. salt
⅔ c. milk
5 Tbsp. shortening

Blend all together. Roll and cut. Bake at 450° for 12 minutes.

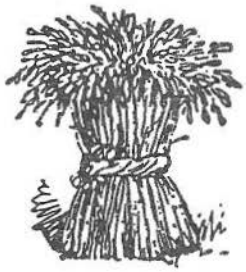
Pamela White
Past Regent

BISCUITS

6 c. flour
1 ½ tsp. salt
3 tsp. soda
6 tsp. Bakewell
11 Tbsp. shortening
3 c. water or milk

Combine dry ingredients. Cut in shortening until it resembles fine crumbs. Add liquid all at once and mix. Bake at 425° on foil-lined pan.

Laurie Jamo



ANGEL BISCUITS

5 c. flour
¼ c. sugar
2 tsp. baking powder
1 tsp. soda
1 tsp. salt
1 c. vegetable oil
1 envelope dry yeast, dissolved in warm water *
2 c. sour milk (4 tsp. vinegar in milk)

*Let stand 5 minutes.

Sift flour, sugar, baking powder, salt and soda. Add vegetable oil. Let dissolved yeast stand for 5 minutes. Add dissolved yeast to milk and combine with dry ingredients. Roll to desired thickness. Cut biscuits and dip in melted butter. Place in greased pan. Bake at 450° for 12 minutes.

Judy Albert

BATTER FOR ONIONS, CHICKEN AND FISH

Large Order:

2 c. flour
1 tsp. baking powder
1 tsp. salt
2 c. milk
½ c. oil
2 beaten eggs

Small Order:

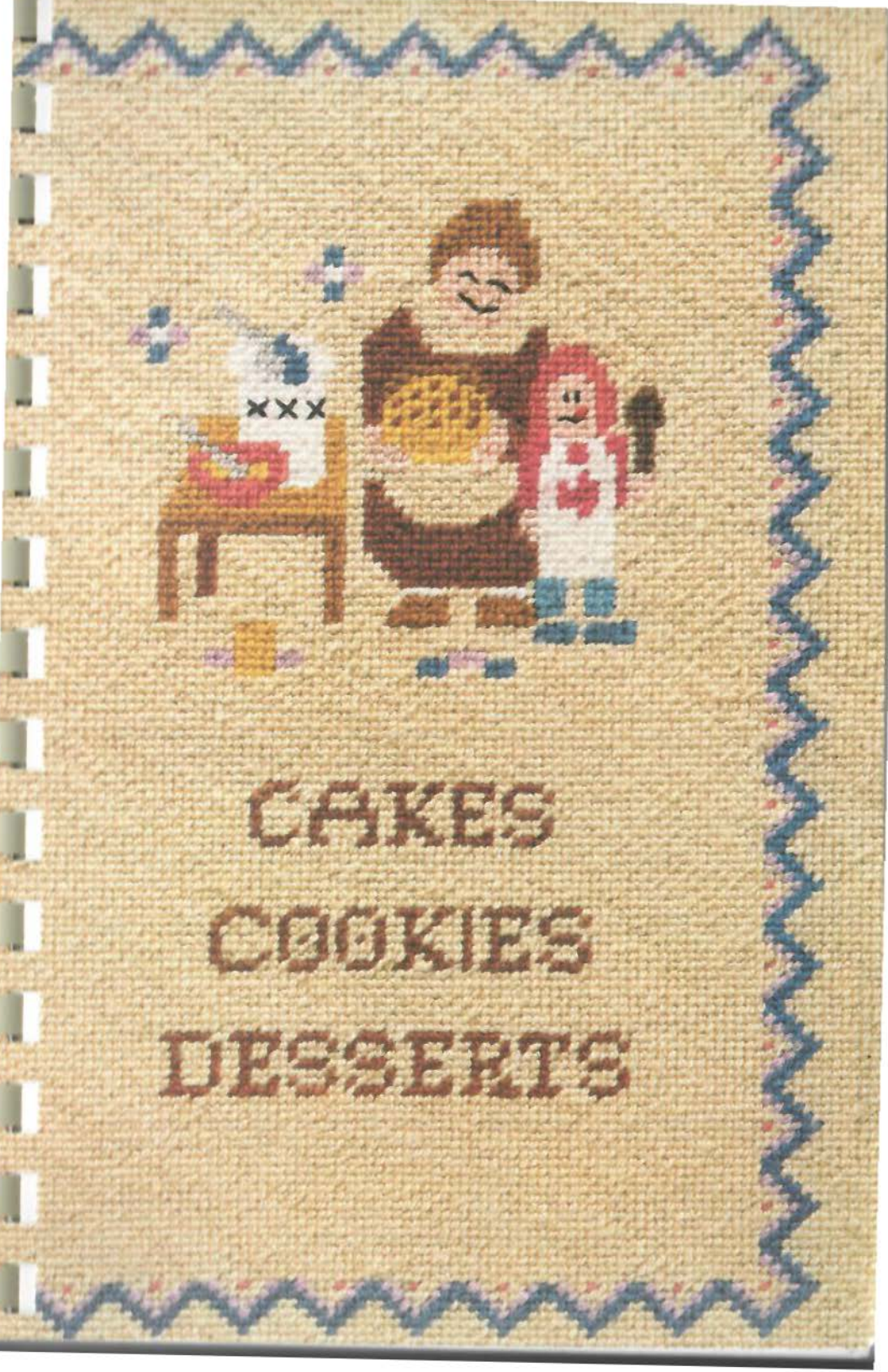
1 c. flour
1 c. milk
½ tsp. baking powder
½ tsp. salt
1 beaten egg
¼ c. oil

Sift dry ingredients. Add oil to beaten eggs, then add milk. Mix well. Add dry mixture.

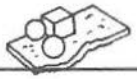
Leona Michaud
Deceased Member

–•YOUR FAVORITE RECIPES•–

Recipe	Page Number


CAKES
COOKIES
DESSERTS

Candy Testing



Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from heat. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

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VINA LEVASSEUR'S CRUNCH CAKE

1 c. sugar
2 c. sifted flour
a little salt
½ c. butter
1 c. sour milk
1 tsp. soda
1 c. walnuts
1 pkg. dates, cut fine
1 tsp. vanilla

Sift the sugar and flour together twice with a little salt; add butter. Cream well. Save out ½ cup of this. Add sour milk with soda. Beat until light, then add the walnuts, dates and vanilla. Pour in pan and spread ½ cup of mixture on cake. Bake at 400° until done.

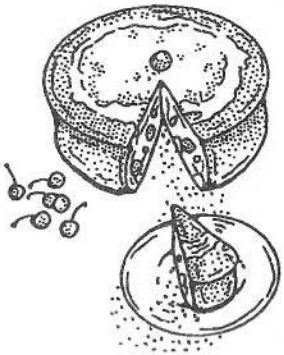
Vina LeVasseur
Charter Member, Deceased

GRAHAM CRACKER DESSERT

graham crackers
whipped cream (prepared)
chocolate topping (if desired)

Layer graham crackers and whipped cream, using size of pan to your liking. Top with crushed crumbs and drizzle top with chocolate topping. Chill to set before serving. Keep refrigerated.

Leona Morin
Charter Member, Deceased



CINNAMON CHOCOLATE CAKE

2 c. all-purpose flour
2 c. sugar
1 ½ tsp. ground cinnamon
1 c. water
½ c. vegetable oil
½ c. butter or margarine
½ c. baking cocoa
2 eggs
½ c. milk
1 tsp. vanilla extract
1 tsp. baking soda

Frosting:

½ c. butter or margarine
⅓ c. whipping cream
¼ c. baking cocoa
1 ½ tsp. ground cinnamon
3 c. confectioners sugar
1 tsp. vanilla extract

In a mixing bowl, combine flour, sugar and cinnamon. Combine the water, oil, butter and cocoa in a saucepan; bring to a boil over medium heat. Pour over dry ingredients; mix well. Add eggs, milk, vanilla and baking soda; mix well. Pour into a greased and floured 15 x 10 x 1-inch baking pan.

Bake at 375° for 15 to 20 minutes or until a toothpick inserted near the center comes out clean.

Meanwhile, for the frosting, combine the butter, cream, cocoa and cinnamon in a saucepan. Cook and stir over medium heat until butter is melted and mixture is heated through. Remove from the heat; beat in sugar and vanilla until smooth. Carefully spread over hot cake. Cool completely. Yields 24 to 30 servings.

Lynn Beaumont

BROWN SUGAR FUDGE

1 lb. light brown sugar
½ c. white sugar
pinch of salt
¾ c. milk
1 tsp. vanilla
1 Tbsp. butter
½ to 1 c. walnuts

Cook the brown sugar, white sugar, salt and milk until it forms a soft ball in cold water, then set pan in cold water. Add the vanilla and butter; beat until it begins to thicken, then add walnuts. Pour into greased pan. Cut as desired.

Sylvia Mercier
Past Regent, Deceased

PEANUT BUTTER FUDGE
(5 Minutes)

2 c. sugar
⅔ c. milk
1 c. marshmallows
⅔ c. peanut butter
1 tsp. vanilla
nuts (or use crunchy peanut butter)

Bring the sugar and milk to a boil; cook and stir constantly for 5 minutes. Add marshmallows, peanut butter and vanilla. Add nuts. Pour into buttered pan and cool.

D.M.B.

PEANUT BUTTER FUDGE

3 c. white sugar
¾ c. butter
⅔ c. evaporated milk
1 (7 oz.) jar Marshmallow Fluff
1 c. peanut butter
1 tsp. vanilla

In heavy saucepan, combine sugar, butter and milk; stir until ingredients are mixed, then bring to a full boil. Stirring constantly, boil for 5 minutes over medium heat. Remove and add vanilla, peanut butter and Fluff. Beat until well blended and candy holds shapes. Place in buttered 9 x 13-inch pan.

Lynn Nicholson

PEANUT BUTTER OATMEAL FUDGE

1 stick margarine
½ c. can milk
2 c. white sugar
1 c. creamy peanut butter
2 heaping Tbsp. marshmallow
1 tsp. vanilla
1 ½ c. oatmeal

Melt margarine. Add milk and sugar and boil for 2 minutes. Remove from heat. Add peanut butter, marshmallow and vanilla. Mix thoroughly and then add oatmeal. Stir well. Pour into an 8 x 8-inch buttered pan. Cool and enjoy!

Bernadette Gagnon

PENUCHE FUDGE

1 c. white sugar
2 c. brown sugar, packed
⅛ tsp. salt
2 Tbsp. light Karo
¾ c. canned milk (no water)
½ stick oleo
1 tsp. vanilla
½ c. walnuts, chopped

In saucepan, combine sugars, salt, Karo syrup and milk. Bring to a boil and add oleo and vanilla. Cook slowly until a firm ball forms in cold water. Add nuts. Set pan into a pan of cold water. Beat until thick and loses gloss. Pour into a buttered 8 x 8-inch pan. Cool and cut.

Eunice Page

DIVINITY FUDGE

2 ⅔ c. sugar
⅔ c. light corn syrup
½ c. water (use 1 Tbsp. less water on humid days)
2 egg whites
1 tsp. vanilla
⅔ c. broken nuts

Stir sugar, corn syrup and water over low heat until sugar is dissolved. Cook, without stirring, to 260° on candy thermometer (or until small amount of mixture dropped into very cold water forms a hard ball). In mixer bowl, beat egg whites until stiff peaks form; continue beating while pouring hot syrup in a thin stream into the egg whites. Add vanilla; beat until mixture holds its shape and becomes slightly dull. (Mixture may become too stiff for mixer.) Fold in nuts. Drop mixture from tip of a buttered spoon onto waxed paper.

Kathleen Albert
Past Regent

MILLION DOLLAR FUDGE

4 ½ c. sugar
pinch of salt
1 (13 oz.) can milk
2 Tbsp. butter
1 large pkg. chocolate bits
12 oz. milk chocolate bars
1 pt. Marshmallow Fluff
2 c. milk (use a lot more)

Boil the sugar, salt, milk and butter for 6 minutes. In a large bowl, combine the chocolate bits, chocolate bars, Marshmallow Fluff and milk. Pour liquid over all dry ingredients; mix well. Makes 5 pounds of fudge.

Kathleen Albert
Past Regent

7 MINUTE FUDGE

2 c. white sugar
1 pkg. brown sugar
¾ c. cows milk
1 (12 oz.) jar peanut butter
1 jar Marshmallow Fluff
1 Tbsp. butter
1 tsp. vanilla

Mix and bring the first 3 ingredients to a full, rolling boil and start timing 4 minutes. In the meantime, put next 4 ingredients in a dish. Add these when 4 minutes are up and mix quickly. Put in a lightly buttered 13 x 9-inch pan. Cool.

Nancy Raymond
Regent

FLOUR FUDGE

4 c. sugar
2 sticks oleo
1 c. evaporated milk (canned)
1 c. peanut butter
¾ jar Marshmallow Fluff (small)
1 tsp. vanilla
1 ½ c. flour
1 c. chopped nuts (optional)

Boil the first 3 ingredients for 10 minutes, careful not to burn. Remove from heat. Stir in next 3 ingredients. Stir well and add the last 2 ingredients. Mix well. Pour in buttered 13 x 9-inch pan.

Kim Gagnon

BUTTERCREAM FROSTING

1 lb. confectioners sugar
¼ c. margarine
¼ c. Crisco
1 tsp. vanilla
3 Tbsp. milk or more

Laurie Jamo

BEAT AND EAT FROSTING

1 unbeaten egg white
¼ tsp. cream of tartar
¾ c. sugar
1 tsp. vanilla
¼ c. boiling water

Combine all ingredients and beat with an electric beater until it forms stiff peaks.

Esther Morris
Past Regent

FUDGE FROSTING

2 c. sugar
2 Tbsp. cocoa (rounded)
¼ tsp. salt
½ c. oleo
½ c. milk
¼ c. corn syrup (white)
1 tsp. vanilla
½ c. peanut butter

Bring first 6 ingredients to a boil. Cook 2 minutes. Remove from heat. Add vanilla and peanut butter. Beat until thick.

Kim Gagnon

LOTTIE BUTTER FROSTING

1 c. granulated sugar
1 stick oleo
½ c. shortening
3 Tbsp. flour
½ c. warm milk
1 tsp. vanilla

Cream together the sugar and oleo (room temperature). Add the shortening and flour; mix well. Add milk, warm not hot. Add vanilla. Use electric mixer until frosting is fluffy.

Mary Morin

SHEET CAKE

2 c. flour
2 c. sugar
1 tsp. soda
2 sticks margarine
4 Tbsp. cocoa
1 c. water
½ c. buttermilk or sour milk
2 eggs, beaten
1 tsp. vanilla

Put the flour, sugar and soda in mixer. Combine margarine, cocoa and water; bring to a boil and boil 1 minute. Pour over dry ingredients and mix. Add buttermilk, eggs and vanilla. Mix well. Pour into jelly roll pan. Bake 15 to 20 minutes at 350°.

Frosting:

1 stick margarine
4 Tbsp. cocoa
1 lb. confectioners sugar

Bring the margarine and cocoa to a boil. Remove from heat and add the confectioners sugar. Put on warm cake.

Mary Rouleau
Deceased

NEVER FAIL CHOCOLATE CAKE

⅔ c. soft margarine
1 ¾ c. sugar
2 eggs
½ c. cocoa
2 ½ c. sifted flour
1 ½ tsp. sodas
1 ¼ c. ice water

Cream the margarine and sugar. Add eggs, cocoa, bit of margarine and enough hot water to make a paste. Cream together. Add flour, soda and ice water. Grease and flour a 9 x 13-inch pan. Bake at 350° for 50 minutes.

Benita Jameson
Deceased

APPLE UPSIDE-DOWN CAKE

sliced apples
½ c. brown sugar
butter
½ c. sugar
1 egg
butter the size of a walnut
dash of salt
1 tsp. vanilla
½ c. milk
1 c. flour
1 tsp. baking powder
cinnamon

Half fill a casserole dish with sliced apples. Cover with brown sugar. Dot with butter. Place in low oven. While heating, mix the remaining ingredients except cinnamon. Sprinkle cinnamon on top of apples in casserole. Pour batter on top. Bake in a 300° to 350° oven for 40 to 45 minutes.

Nellie Pratt
Deceased

MAYONNAISE CAKE

1 c. sugar
¼ c. cocoa
1 c. mayonnaise
2 c. flour
2 tsp. soda
salt
vanilla
1 c. cold water

Bake at 350° for 25 to 30 minutes.

Amelia Willette

FRUIT CAKE

2 c. sugar
2 c. hot water
½ lb. butter or oleo
⅔ tsp. salt
1 c. raisins
2 tsp. cloves
2 tsp. allspice
2 tsp. cinnamon
3 eggs, beaten
1 c. dates
1 bottle cherries
4 c. flour
2 tsp. soda
1 c. nuts
1 tsp. baking powder

Bring to a boil the sugar, hot water, butter, salt, raisins, cloves, allspice and cinnamon and boil for 5 minutes. Cool. Sift dry ingredients 3 times (I don't do); add remaining ingredients to cooled mixture. Put in 3 bread pans. Bake at 350° for ½ hour, then 300° for 20 minutes.

Edith Michaud

CHOMEUR' CAKE

1 c. flour
1 c. sugar
¾ c. milk
2 ½ tsp. baking powder
1 c. brown sugar
1 c. boiling water
1 Tbsp. margarine
1 tsp. vanilla

Mix the first 4 ingredients in a 13 x 9-inch baking pan. Mix remaining ingredients in small bowl; pour on top of other ingredients. Bake at 350° for 20 minutes to ½ hour. Serve hot with ice cream.

Kim Gagnon

SINFUL APPLE WALNUT CAKE

½ c. heavy cream
½ c. brown sugar
2 cans buttermilk biscuits (not grands)
1 apple
½ c. walnuts
2 tsp. cinnamon
1 c. sugar
1 stick butter, melted

Combine cinnamon and sugar together. Dip biscuits into butter, then cinnamon/sugar mixture; set aside. Pour heavy cream into a deep-dish baker. Add chopped apple and walnuts. Mix together. Place biscuits on top of mixture. Bake at 350° for 15 to 20 minutes. Cool for 5 to 8 minutes, then invert over favorite platter.

Kim Gagnon

PINEAPPLE-CHERRY CAKE

1 (20 oz.) can crushed pineapple (undrained)
1 (21 oz.) can cherry or blueberry pie filling
1 (18 ¼ oz.) pkg. yellow cake mix
½ c. butter or margarine

Evenly spread pineapple in a greased 13 x 9-inch baking pan. Carefully spread pie filling on top. Sprinkle with dry cake mix. Dot with butter. Bake at 350° for 50 to 60 minutes or until top is browned. Yields 12 to 16 servings.

Kim Gagnon

CRAZY CAKE

3 c. flour
2 c. sugar
⅓ c. cocoa
1 tsp. salt
2 tsp. soda
¾ c. Wesson oil
1 tsp. vanilla
2 tsp. vinegar
2 c. cold water

Mix the first 5 ingredients with a fork. Make 3 holes in dry ingredients and add last 4 ingredients; mix well. Bake in a 9 x 13-inch pan.

Kim Gagon

CHOCOLATE ZUCCHINI CAKE

½ c. soft margarine
½ c. vegetable oil
1 ¾ c. sugar
2 eggs
1 tsp. vanilla
½ c. sour milk (1 tsp. lemon juice added to ½ c. milk)
2 ½ c. flour
4 tsp. cocoa
½ tsp. baking powder
1 tsp. baking soda
½ tsp. cinnamon
½ tsp. cloves
2 c. zucchini, finely diced (not shredded) *
¼ c. chocolate chips

*Works best with firm flesh of very large zucchini.

Cream margarine, oil and sugar. Add eggs, vanilla and sour milk. Beat with mixer. Mix together all the dry ingredients and add to creamed mixture. Beat well with a mixer. Stir in diced zucchini. Spoon batter into greased and floured 9 x 13-inch pan. Sprinkle with chocolate chips.

Bake at 325° for 40 to 45 minutes or until toothpick comes out clean and dry. Very moist.

Laurie Jamo

FAT-FREE CARROT CAKE WITH CREAM CHEESE FROSTING

Cake:

3 c. unbleached flour
1 ½ c. sugar
2 ½ tsp. baking soda
2 tsp. ground cinnamon
1 ⅓ c. orange juice
¾ c. fat-free egg substitute
2 tsp. vanilla
4 c. grated carrots
½ c. golden raisins or chopped walnuts (optional)

Frosting:

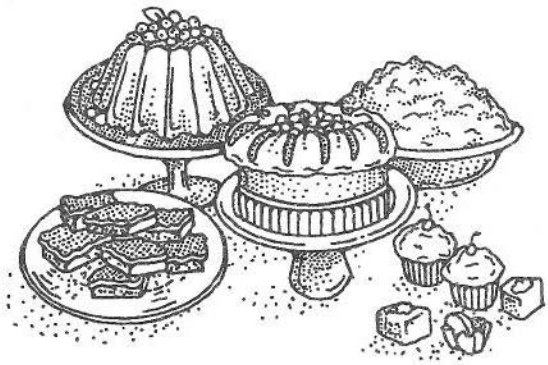
1 c. nonfat cream cheese
1 ½ c. nonfat Ricotta cheese
½ c. sugar
1 Tbsp. lemon juice
1 ½ tsp. vanilla
2 Tbsp. instant vanilla pudding mix

In a large bowl, combine flour, sugar, baking soda and cinnamon. Stir to mix well. Stir in orange juice, egg substitute and vanilla. Fold in carrots and raisins or walnuts. Coat a 9 x 13-inch pan with nonstick spray. Spread the batter evenly and bake at 300° for 50 to 55 minutes. Cool at room temperature.

To make frosting, place all ingredients except pudding in a bowl and mix until smooth. Add pudding mix and process until the frosting is well mixed. Spread over cake and refrigerate.

Fat: 0.3 g. Cholesterol: 2 mg.

Darlene Rosebush



WHISKEY CAKE

1 pkg. deluxe cake mix (Duncan Hines)
1 pkg. instant vanilla pudding
½ c. Crisco oil
1 c. water
4 eggs
1 c. chopped walnuts

Blend and beat 2 minutes at medium speed. Put in a greased and floured tube or Bundt pan. Bake at 350° for 50 to 60 minutes.

Glaze:

1 stick oleo
½ c. sugar
½ c. whiskey

Melt the oleo with sugar. Add whiskey to this. Pour over cake the last 5 minutes. Cool 25 minutes. Remove from pan and place top side up. Store in refrigerator for 24 hours.

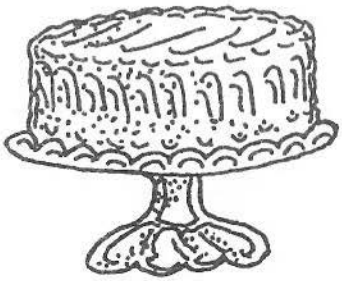
Adrienne Thompson

DUMP CAKE

20 oz. crushed pineapple (not drained)
21 oz. cherry pie filling
1 box yellow cake mix
2 sticks butter
½ c. chopped pecans

Dump pineapple into a 9 x 13-inch pan. Spread evenly. Dump pie filling and spread. Dump cake mix and spread evenly over fruit. Sprinkle pecans over cake mix. Cut butter into pats and place evenly on top. Bake at 350° for 1 hour.

Lillian Nisbett



STRAWBERRY RHUBARB CAKE

2 c. sliced strawberries
2 c. sliced rhubarb
¾ c. sugar
1 ½ c. mini marshmallows or 12 large, cut up
2 eggs
1 c. sugar
½ c. melted butter
1 ¾ c. flour
3 tsp. baking powder
¼ tsp. salt
⅓ c. milk

Butter the bottom of an 8 ½ x 11-inch pan. Spread strawberries and rhubarb evenly in pan. Sprinkle ¾ cup of sugar and marshmallows. In bowl, beat eggs and 1 cup of sugar. Add melted butter, then flour, baking powder and salt, sifted. Stir in milk; mix well and pour over marshmallows. Bake at 350° for 45 minutes. Serves 12.

Francine Leathers

WATERGATE CAKE

1 white cake mix
2 boxes pistachio instant pudding
1 c. vegetable oil
3 eggs
1 c. 7-Up
½ c. nuts
1 ½ c. cold milk
8 oz. Cool Whip

Combine cake mix, 1 box of pudding, oil, eggs, 7-Up and nuts. Mix well and pour into a greased 9 x 13-inch cake pan. Bake at 350° for 30 to 35 minutes. Cool.

Add cold milk to remaining box of pudding mix; whip until thick. Fold in Cool Whip. Frost cake. Keep in refrigerator. Garnish with chopped nuts, if desired.

Francine Leathers

FIDDLEHEAD CAKE

3 eggs
1 ½ c. sugar
1 c. vegetable oil
1 tsp. vanilla
2 c. grated fiddleheads
½ c. each: walnuts, dates and raisins
2 c. flour
1 tsp. salt
1 tsp. baking soda
½ tsp. baking powder
1 Tbsp. cinnamon

Grease and flour a 9 x 13 ½-inch pan. Preheat oven to 325°.

Beat the first 4 ingredients together, mixing well. Add remaining ingredients, stirring until completely mixed. Pour into a pan and bake for 55 minutes. Cool. May be served with whipped cream.

Francine Leathers

FRUIT COCKTAIL CAKE

2 ½ c. flour
1 ½ c. sugar
½ tsp. salt
2 eggs
1 ½ tsp. soda
1 tsp. vanilla
1 ⅓ c. coconut
½ c. walnuts
1 medium can fruit cocktail (juice and all)

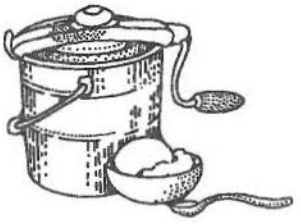
Mix and pour into a greased cookie sheet with an edge on it. Sprinkle the top with coconut and nuts and bake 20 to 25 minutes at 350°.

Glaze:

¾ c. sugar
½ c. butter
¼ c. canned milk (undiluted)
½ tsp. vanilla

Combine all ingredients and bring to a boil, stirring constantly for 3 minutes, then cool and spread on cake.

Kathleen Albert
Past Regent



WALDORF RED CHOCOLATE CAKE

½ c. Spry
1 ½ c. sugar
2 eggs
2 ¼ c. flour
1 tsp. salt
1 c. buttermilk
1 tsp. vinegar
1 tsp. soda
2 (10 oz.) bottles red food coloring
2 tsp. cocoa

Cream together the Spry and sugar. Make a paste with the food coloring and cocoa and add to creamed mixture. Mix soda and vinegar; add to above mixture. Bake in layer cake pan at 350° for 30 minutes.

Frosting:

1 c. milk
½ c. flour
1 c. sugar
½ c. oleo
½ c. Spry
1 tsp. vanilla

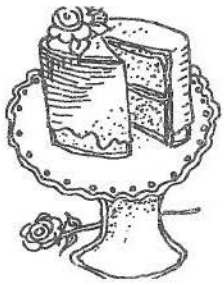
Heat 1 cup of milk. Add the flour and make a paste. Set aside to cool. Add sugar, oleo, Spry and vanilla; beat with electric mixer for 4 minutes.

Catherine "Kay" Bossie
Past Regent, Deceased

BLUEBERRY CAKE

1 c. sugar
½ c. shortening, creamed
1 egg
½ c. milk
2 c. flour
2 tsp. baking powder
2 c. berries
cinnamon (if you like)

Rella Chesley



BLUEBERRY CAKE

3 c. flour
2 tsp. baking powder
1 tsp. salt
1 c. vegetable shortening
2 c. sugar
4 well beaten egg yolks
⅔ c. milk
4 egg whites, beaten until stiff
2 tsp. vanilla
3 c. blueberries
cinnamon and sugar

Put the flour, baking powder and salt aside in a bowl. In a large bowl, cream together the shortening, sugar and egg yolks. To this, add alternately the flour mixture and milk. Fold beaten egg whites into mixture with vanilla. Add the blueberries. Sprinkle cinnamon and sugar over top. Bake in 9 x 13-inch greased pan in a 350° oven for 45 minutes.

Takes a little extra work, but worth it.

Mary Morin

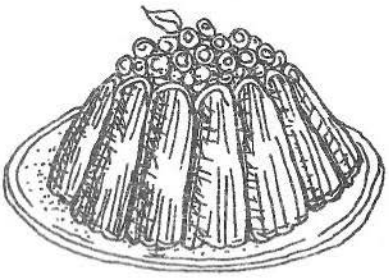
DREAMY CAKE DESSERT

1 pkg. yellow cake mix
2 medium size tubs Cool Whip
1 (8 oz.) pkg. cream cheese
1 large can crushed pineapple, drained
2 large boxes instant vanilla pudding
cherries, nuts and coconut

Bake cake on cookie sheet; let cool. Mix pudding according to directions and let set. Spread pudding on cake.

Mix cream cheese and Cool Whip together; add pineapple. Spread over pudding layer. Spread with coconut, nuts and cherries. Keep chilled.

Eunice Page



CHEESE CAKE

6 eggs, separated
24 oz. cream cheese (3 large pkg.)
1 c. sour cream
2 Tbsp. flour
1 tsp. vanilla
1 tsp. lemon juice
1 c. sugar

Basic Crust:

1 ½ c. graham cracker crumbs
¼ c. sugar
6 Tbsp. melted butter

In a large bowl, beat egg yolks and cream cheese with flour, ¾ cup of sugar, vanilla and lemon juice; mix well.

In smaller bowl, beat egg whites and ¼ cup of sugar until stiff. Pour into 9-inch spring-form pan. Bake at 325° for 1 hour plus. Cool in opened oven. Serve with desired topping, strawberries, chocolate, fruit, etc.

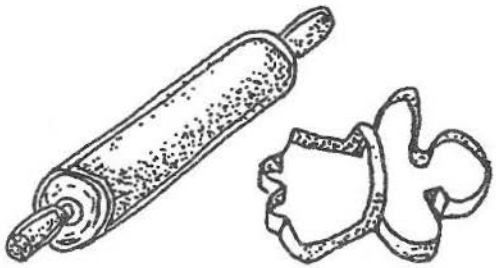
Lynn Nicholson

DATE CAKE

1 c. sugar
½ c. shortening
2 c. flour
1 tsp. salt
1 tsp. vanilla
½ tsp. nutmeg
½ tsp. cinnamon
1 c. sour milk
1 tsp. soda
1 pkg. dates, chopped fine
½ c. nuts, chopped

Mix the first 4 ingredients as for pie crust. Save ¼ cup for top. Add rest of ingredients; mix well. Sprinkle ¼ cup of reserved mixture on top. Bake at 350° for 40 minutes.

June Raymond by Nancy
Deceased Member



EASY RED VELVET CAKE

1 pkg. German chocolate cake mix
1 c. sour cream
½ c. water
¼ c. oil
1 (1 oz.) bottle red food coloring
3 eggs

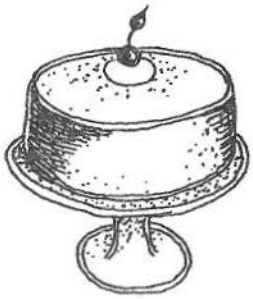
Frosting:

½ c. all-purpose flour
1 ½ c. milk
1 ½ c. sugar
1 ½ c. margarine, softened
1 Tbsp. vanilla

Preheat oven to 350°. Grease and flour two 9-inch round cake pans. In a large bowl, combine all cake ingredients at low speed until moistened. Beat 2 minutes at high speed. Pour into prepared pans and bake at 350° for 25 to 35 minutes or until top springs back when lightly touched in center. Cool 15 minutes. Remove from pans and cool completely.

Frosting: Lightly spoon flour into measuring cup and level off. In a medium saucepan, combine flour and milk. Cook over medium heat until mixture is very thick, stirring constantly. Cover surface with plastic wrap and cool. In a large bowl, beat the sugar and margarine until light and fluffy. Gradually add flour mixture by tablespoonfuls, beating at high speed until smooth. Beat in vanilla. Fill and frost cake, using 1 cup of frosting between layers. Decorate with any colored sprinkles as desired.

Bernadette Gagnon



LUSCIOUS LEMON POKE CAKE

2 baked 8 or 9-inch round white cake layers, cooled completely
2 c. boiling water
1 (8 serving size) pkg. or 2 (4 serving size) pkg. Jell-O brand lemon flavored gelatin dessert
1 (8 or 12 oz.) tub Cool Whip, thawed

Place cake layers top side up in 2 clean 8 or 9-inch round cake pans. Pierce cake with large fork at ½-inch intervals.

Stir boiling water into gelatin in medium bowl at least 2 minutes, until completely dissolved. Pour 1 cup of gelatin over 1 cake layer. Refrigerate 3 hours. Dip 1 cake pan in warm water 10 seconds. Unmold onto serving plate. Spread with about 1 cup of the whipped topping. Unmold second cake layer; carefully place on first cake layer. Frost top and side of cake with remaining whipped topping. Refrigerate at least 1 hour.

Mary Theriault

PINEAPPLE CHEESE CAKE

1 large can crushed pineapple
3 large pkg. Philadelphia cream cheese
1 ½ pt. sour cream
5 eggs
1 tsp. vanilla
1 ½ c. sugar
graham cracker crust crumbs, prepared as on directions

Generously grease spring-form pan. Use just enough prepared crumbs to cover the bottom and sides of pan.

Drain pineapple. Mix cream cheese and eggs together until smooth. Add vanilla, sugar, sour cream and ½ of the pineapple. (Use mixer for a few minutes, but don't whip; do by hand, if possible.) Pour mixture into the prepared pan. Put remainder of the pineapple on top and sprinkle with cinnamon.

Bake at 375° for 40 minutes, then turn oven off and leave cake in oven for 1 hour (do not open oven). Cool in refrigerator for 4 to 5 hours before removing from pan.

Delicious and rich. Let cream cheese soften for a few hours.

Bernadette Gagnon

LEMON LUSH

Crust:

2 c. flour
1 ½ sticks oleo
½ c. nuts

Filling:

1 (8 oz.) pkg. cream cheese
1 c. sugar
1 c. whipped topping

Topping:

2 pkg. lemon flavored instant pudding
3 c. milk

Mix ingredients for crust to form crumbs. Press into buttered 9 x 13-inch pan. Bake at 350° for 15 to 20 minutes and cool.

Mix ingredients for filling and spread over crust.

Beat together the lemon pie filling with milk. Cover filling and top with remaining Cool Whip. Sprinkle with nuts. Refrigerate overnight.

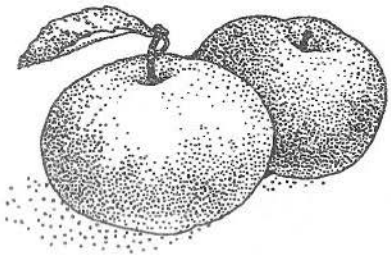
Darlene Rosebush

COW PIES

2 c. (12 oz.) milk chocolate chips
1 Tbsp. shortening
½ c. raisins
½ c. chopped, slivered almonds

In a double boiler over simmering water, melt chocolate chips and shortening, stirring until smooth. Remove from heat and stir in raisins and almonds. Drop by tablespoon onto wax paper. Chill. Makes 2 dozen.

Nancy Raymond
Regent



CHOCOLATE CARAMEL CANDY

1 c. (6 oz.) milk chocolate chips
¼ c. butterscotch chips
¼ c. creamy peanut butter

Filling:

¼ c. butter or margarine
1 c. sugar
¼ c. evaporated milk
1 ½ c. Marshmallow Creme
¼ c. creamy peanut butter
1 tsp. vanilla extract
1 ½ c. chopped, salted peanuts

Caramel Layer:

1 (14 oz.) pkg. caramels
¼ c. whipping cream

Icing:

1 c. (6 oz.) milk chocolate chips
¼ c. butterscotch chips
¼ c. creamy peanut butter

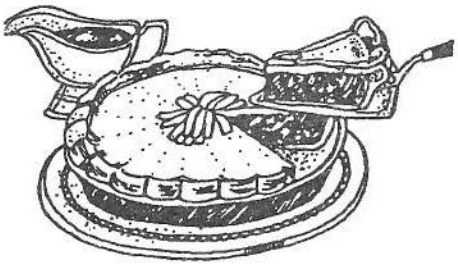
Combine the first 3 ingredients in a small saucepan; stir over low heat until melted and smooth. Spread onto the bottom of a lightly greased 13 x 9 x 2-inch pan. Refrigerate until set.

For filling, melt butter in a heavy saucepan over medium-high heat. Add sugar and milk. Bring to a boil and stir for 5 minutes. Remove from heat. Stir in Marshmallow Creme, peanut butter and vanilla. Add peanuts. Spread over first layer. Refrigerate until set.

Combine caramels and cream in a saucepan over low heat until melted and smooth. Spread over filling. Refrigerate until set.

In another pan, combine chips and peanut butter; stir over low heat until melted and smooth. Pour over caramel layer. Refrigerate 1 hour. Cut in 1-inch squares. Yields 8 dozen.

Bernadette Gagnon



CRACKER JACKS

24 c. popped corn (1 c. unpopped)
1 c. peanuts
¼ c. molasses
2 c. dark brown sugar
½ c. light or dark corn syrup
1 c. oleo

Bring to a boil and boil 5 minutes over medium heat the molasses, brown sugar, corn syrup and oleo. Remove from stove and add ½ teaspoon of baking soda and stir. Turn over popped corn and peanuts. (This takes a large bowl.) Place on 2 cookie sheets and bake 1 hour at 250°, stirring every 15 minutes. Place on wax paper to cool. Break up and put into covered container.

Pauline Clement
Eunice Page

CRISPY CARAMEL POPCORN

1 c. sugar
½ c. butter
½ c. dark corn syrup
½ tsp. salt
½ tsp. vanilla
4 qt. popped corn
1 to 2 c. cocktail peanuts or cashews (optional)

Stir together the sugar, butter, corn syrup, salt and vanilla in a 1 ½-quart saucepan; cook over medium heat, stirring constantly until it comes to a boil and boils 5 minutes. Remove from heat; pour syrup over popped corn in a large, shallow baking pan. Stir to coat well.

Bake at 250° for 1 hour, stirring every 15 minutes. Remove from oven and stir mixture occasionally to prevent sticking together. Store in a tightly covered container.

Teresa Surrette

BUTTER BALLS

1 c. soft oleo
½ c. confectioners sugar
1 tsp. vanilla
2 ½ c. flour
1 tsp. salt
¾ c. chopped walnuts

Combine and cream the sugar and shortening together. Add vanilla, flour and salt and mix well. Add chopped walnuts. Roll out in walnut size balls. Bake at 350° for 10 to 12 minutes. Do not overcook or bottoms will burn. When cooled, roll in confectioners sugar.

Gally Osgood

CHOCOLATE-PEANUT BUTTER BALLS

1 c. dates
1 c. coconut
1 c. nuts
1 c. peanut butter
1 c. confectioners sugar
1 egg

Dipping:

1 (12 oz.) pkg. chocolate bits
½ c. paraffin wax

Mix the first 6 ingredients and roll into small balls. Dip into the dipping chocolate.

Melt chocolate and wax in saucepan on low heat. Dip small balls, one at a time, with toothpick or fork.

Ann Marie McAvoy
Past Regent

PEANUT BUTTER BALLS

1 c. peanut butter
¾ c. confectioners sugar
1 c. graham cracker crumbs
1 (6 oz.) pkg. chocolate chips
1 heaping Tbsp. shaved wax
1 sq. Baker's chocolate

Combine peanut butter, confectioners sugar and graham cracker crumbs. Roll into balls and chill.

Heat wax and chocolate in double boiler. Don't let water boil to melt the chocolate. Dip cooled balls into melted mixture. Chill balls on wax paper. Makes 30 to 35 balls.

Esther Morris
Past Regent

ICE CREAM DESSERT

2 c. flour
½ c. quick oatmeal
½ c. brown sugar
½ c. nuts
2 sticks margarine, melted
½ gal. ice cream
1 jar butterscotch topping or caramel topping
1 (12 oz.) jar chocolate fudge topping

Combine first 5 ingredients. Bake in a 9 x 13-inch pan for 8 to 10 minutes at 350°. Crumble and reserve 1 cup for topping.

Layer: Crust, then chocolate, fudge, vanilla ice cream, butterscotch or caramel topping and top with 1 cup of reserved topping.

Lynn Nicholson

ICE CREAM DESSERT

2 c. flour
½ c. quick oatmeal
½ c. brown sugar
½ c. nuts
2 sticks margarine, melted
½ gal. vanilla ice cream
1 jar caramel sauce

Mix oleo, flour, oatmeal and brown sugar. Press in a cookie sheet. Bake for 15 minutes at 350° until golden brown. Cool for 5 to 10 minutes, then crumble all up. Spread half of the mixture in bottom of a 9 x 13-inch pan. Drizzle half of caramel sauce over top of mixture. Spread ½ gallon of melted vanilla ice cream over the mixture and dribble the rest of the caramel sauce over the ice cream. Sprinkle rest of mixture over the top. Put in freezer overnight.

Laurie Jamo

SNICKERDOODLES

1 c. soft shortening
1 ½ c. sugar
2 eggs
2 ¾ c. sifted flour
2 tsp. cream of tartar
1 tsp. soda
½ tsp. salt
2 Tbsp. sugar, mixed with 2 tsp. cinnamon

Mix together the shortening sugar and eggs. Sift together the flour, cream of tartar, soda and salt and stir into shortening, sugar and egg mixture. Chill dough for at least 1 hour. Make small balls. Roll in mixture of sugar and cinnamon. Bake at 400° for 8 to 10 minutes, according to size of balls.

Lauretta Wright
Charter Member, Deceased

SCOTTISH SHORTBREAD

1 lb. butter (no substitutes), softened
1 c. packed brown sugar
4 to 4 ½ c. flour

In mixing bowl, cream the butter and brown sugar. Add 3 ¾ cups of flour; mix well. Sprinkle board with some of the remaining flour. Knead for 5 minutes, adding enough remaining flour to make a soft, nonsticky dough. Roll to ½-inch thickness. Cut into 3 x 1-inch strips. Place 1 inch apart on ungreased baking sheet. Prick with fork. Bake at 325° for 20 to 25 minutes or until lightly browned. Yields 4 dozen.

Nancy Raymond
Regent

THIMBLE COOKIES

1 ½ c. flour
¼ tsp. salt
¾ c. margarine
½ c. brown sugar
1 egg yolk
½ tsp. vanilla
Hershey's Kisses

Combine all ingredients except Kisses; chill 1 hour. Shape into balls. Roll in egg whites (slightly beaten). Roll in nuts. Bake at 375° for 12 to 15 minutes. Place Hershey's Kisses in middle after baked.

Amelia Willette

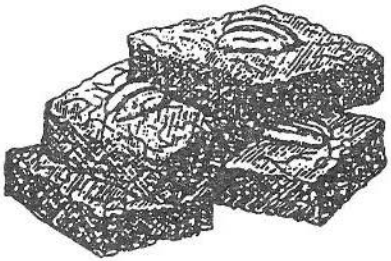
CARAMEL OATMEAL CHEWIES

1 ¾ c. Quaker oats (uncooked)
1 ½ c. flour
¾ c. firm packed brown sugar
½ tsp. baking soda
¼ tsp salt (optional)
¾ c. (1 ½ sticks) margarine, melted
1 c. chopped peanuts
1 c. (6 oz.) semi-sweet chocolate pieces
1 (12.5 oz.) jar caramel ice cream topping (1 c.)
¼ c. flour

Heat oven to 350°. Grease a 13 x 9-inch pan. Combine oats, flour, brown sugar, soda and salt; mix well. Stir in margarine, mixing until well blended. Reserve 1 cup. Press remaining onto bottom of prepared pan. Bake 10 to 12 minutes or until light brown. Cool 10 minutes. Top with nuts and chocolate pieces.

Mix caramel topping and ¼ cup of flour until smooth; drizzle over chocolate pieces to within ¼ inch of pan edges. Sprinkle with reserved oat mixture. Bake an additional 18 to 22 minutes or until golden brown. Cool; chill until set. Makes about 32 bars.

Judy Albert



NO-BAKE COOKIES
(Evaporated)

1 stick margarine
2 c. sugar
½ c. evaporated milk
½ c. peanut butter
3 c. roiled oats
1 tsp. vanilla
1 c. chocolate bits

Combine sugar, margarine and milk into a saucepan; bring to a boil and cook for 1 minute. Remove from stove and stir in peanut butter, oats, vanilla and chocolate bits. Drop by teaspoon on top of wax paper.

Linda Madore

LEONA MORIN'S MARMALADE COOKIES

1 c. orange marmalade
½ c. butter or shortening
1 c. raisins
1 egg, well beaten
½ c. walnuts
2 c. flour, sifted
1 tsp. soda
½ tsp. salt
1 tsp. vanilla

Put all ingredients in 1 bowl and mix well. Drop by heaping teaspoonful. Bake in 350° oven for 12 to 15 minutes. Yields 36 to 40.

Beverly Morin

ANNA CURLEY'S NELLS

6 eggs
1 ½ c. sugar
1 c. oil
3 ½ c. flour
4 to 5 tsp. baking powder
4 Tbsp. anise seed

Beat eggs, sugar and oil with beater until smooth. Add flour, baking powder and anise seed. Mix until smooth. The batter will be sticky, but loose enough to be dropped by 1 teaspoonful at a time on electric "pizzelle maker."

Annie Curley
Past Regent, Deceased

MA'S OATMEAL FILL COOKIES

2 c. flour
2 c. oatmeal
1 c. sugar
¾ c. Crisco
½ c. sour milk
1 tsp. soda

Filling:

1 pkg. dates
¾ c. sugar
1 c. boiling water, cooled

Mix as pie crust. Roll and cut with 2-inch cookie cutter. Filling must be cold. Bake until light brown.

Leona Michaud

ZUCCHINI PEANUT BUTTER COOKIES

1 ½ c. flour
½ c. crunchy peanut butter
1 c. grated, unpared zucchini
1 tsp. baking soda
½ c. margarine
½ c. brown sugar
½ c. granulated sugar
1 egg, beaten
1 tsp. vanilla
1 c. chopped roasted peanuts
½ c. chocolate bits

Cut peanut butter into flour. In another bowl, thoroughly combine zucchini, soda, sugar and margarine. Add egg. Combine with flour mixture. Add vanilla. Stir in peanuts and chocolate bits. Chill dough 2 hours or longer. Drop by teaspoon onto greased baking sheet. Bake in a moderate oven (375°) for 12 to 15 minutes. Yields about 6 dozen.

Very good.

Mamie Daigle

CLUB COOKIES

2 c. sugar
1 scant c. oleo or Crisco
1 c. whole milk
2 c. raisins, put through grinder
2 eggs
2 tsp. soda
1 tsp. vanilla
1 tsp. salt
4 ¾ c. flour

Drop by spoon on well-greased pan. Bake in a 375° oven for 10 to 12 minutes or until done.

Mrs. Fred LeVasseur
Charter Member, Deceased

PEANUT BUTTER COOKIES

1 c. white sugar
1 c. brown sugar
1 c. peanut butter (crunchy optional)
1 c. margarine
2 eggs
3 c. flour
2 tsp. soda
dash of salt
1 tsp. vanilla
1 pkg. peanut butter chips

Roll into balls and roll in sugar. Flatten with fork. Bake at 350° for 8 to 10 minutes until golden brown on foil-lined pan.

Laurie Jamo

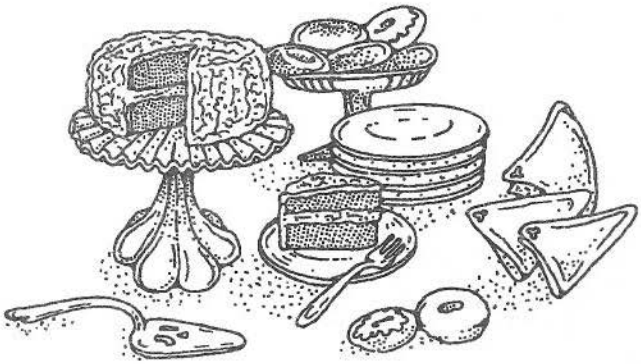
DATE DROPS

½ c. shortening
¾ c. packed brown sugar
2 eggs
¼ c. milk
1 ½ c. sifted all-purpose flour
1 tsp. salt
1 tsp. baking powder
1 c. quick cooking rolled oats
1 c. chopped nuts
1 c. chopped, pitted dates

Cream the shortening and sugar. Add eggs; beat well. Stir in milk. Mix and sift together the flour, baking powder and salt. Add to the creamed mixture. Stir in rolled oats, dates and nuts. Drop by teaspoonfuls onto a greased baking sheet.

Bake in a moderate oven (350°) for about 15 minutes or until the cookies test done. Remove the cookies at once from the tin to cool on a rack. Store in a lightly closed tin. Makes about 30 cookies.

Rella Chesley



EVELYN LABUN'S DROP COOKIES

1 c. shortening
2 c. brown sugar
1 ½ tsp. soda
1 tsp. salt
2 eggs, beaten
½ c. warm water
1 tsp. vanilla
4 c. sifted flour

Cream the shortening and sugar. Add eggs and beat well. Dissolve soda in warm water. Add to creamed mixture. Sift in flour and salt. Add vanilla. Drop by spoonful on a cookie sheet. Make a dent with back of spoon. Put 1 teaspoon of filling into it, then top filling with small teaspoon of dough. Bake at 400° for 10 minutes.

Filling:

1 pkg. dates, cut in small pieces
¾ c. sugar

Cook until thick. Add some water if needed.

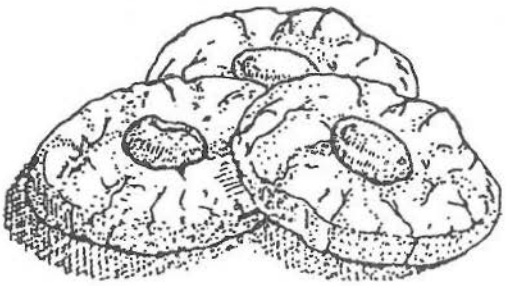
Evelyn Labun
Deceased

PINEAPPLE DROP COOKIES

½ c. shortening
½ c. brown sugar
½ c. white sugar
1 egg, beaten
¼ c. shredded coconut
½ c. crushed pineapple
¼ c. nuts
2 c. flour
½ tsp. soda
1 tsp. baking powder
1 tsp. salt
1 tsp. vanilla

Mix together. Drop by rounded spoonful on cookie sheet. Bake at 350° for 14 minutes or until light brown.

Nancy Raymond
Regent



CHERRY WINKS

2 ¼ c. flour
1 tsp. baking powder
½ tsp. soda
¾ c. Spry
1 c. sugar
2 eggs
2 Tbsp. milk
½ tsp. salt
1 tsp. vanilla
1 c. chopped nuts
⅓ c. chopped cherries
1 c. chopped dates
2 ½ c. crushed corn flakes (to roll balls in)

Mix ingredients together; shape into balls. Crush the corn flakes. Roll balls in flakes. Top cookies with cherry. Bake at 375° for 10 to 12 minutes.

Luella Michaud

SOFT CHOCOLATE DROP COOKIES

1 c. sugar
½ c. butter
2 Tbsp. cocoa
1 egg
2 c. flour
½ c. sweet milk
¾ tsp. salt
2 tsp. baking powder
½ c. walnuts
1 tsp. vanilla

Bake in moderate oven.

Rella Chesley

CHOCOLATE COOKIE SANDWICHES

1 ½ c. Crisco
3 c. sugar
3 eggs
3 tsp. vanilla
4 ½ c. flour
1 c. Hershey's cocoa
1 ½ tsp. baking soda
1 ½ tsp. salt
¾ c. milk

Cream Filling:

6 Tbsp. margarine, softened
6 Tbsp. shortening
1 ½ c. Marshmallow Fluff
1 ½ tsp. vanilla
2 c. confectioners sugar

Mix well the first 4 ingredients until light and fluffy. Combine the dry ingredients, alternating with the milk. Mix well. (The dough is quite stiff.) Drop by teaspoon onto ungreased cookie sheet. Bake at 375° for 11 to 12 minutes. Cool 1 minute, then remove to wire rack.

In a bowl, beat together the cream filling mix. Fill the cookies. Makes about 45 filled cookies.

Eunice Page

COCONUT BALLS

1 stick oleo
1 ½ c. confectioners sugar
1 ½ c. coconut
cherries
walnuts

Melt oleo; let cool. Add sugar and coconut; mix well. Form balls and roll in crushed walnuts. Drain cherries. Cut in half. Press ½ cherry in center of each ball. Chill.

In memory of Peggy Boucher.

Eunice Page

GRAMMIE TOUSSAINT'S TARTS

1 ½ c. flour
1 c. butter
1 c. sour cream

Mix and put in fridge overnight. Roll thin. Cut half dough with a donut cutter without hole and then cut other half of dough with a donut cutter with hole. Brush cut circles with a mixture of 6 tablespoons of sugar and 2 tablespoons of water. Put cut circle on uncut circle. Fill with jelly and bake at 350° until brown, 10 to 15 minutes.

Teresa Surrette

PUMPKIN CHIP COOKIES

1 can pumpkin
2 eggs
2 c. sugar
1 c. vegetable oil
4 tsp. baking powder
2 tsp. cinnamon
1 tsp. salt
2 tsp. vanilla
2 tsp. milk
2 tsp. soda
4 c. flour
2 c. chocolate bits

Combine all ingredients. Bake 10 to 15 minutes at 375°. Makes 6 dozen.

Kim Gagnon

GINGERBREAD MEN

1 c. sugar
1 c. melted shortening
1 c. molasses
1 egg
¼ c. sour cream
2 tsp. vanilla
⅔ c. boiling water
5 ¾ c. flour
1 ½ tsp. cream of tartar
½ tsp. cloves
1 ½ tsp. ginger
1 ½ tsp. cinnamon
4 tsp. baking soda
1 tsp. salt

Melt shortening. Combine flour, cream of tartar, spices, baking soda and salt; set aside. In a large bowl, mix melted shortening and sugar. Stir in molasses, vanilla and sour cream. Beat in eggs; mix thoroughly. Dissolve soda in boiling water. Add molasses mixture. Add dry ingredients. Mix and chill thoroughly, preferably overnight. Roll to ¼ inch; cut.

They burn easily so you may have to adjust time. Bake at 350° for 8 minutes. Decorate with buttercream frosting, raisins, sprinkles and M&M's.

Laurie Jamo

SURPRISE SNOWBALLS

¾ c. margarine
½ c. sugar
1 egg
½ tsp. vanilla
1 ¾ c. flour
¾ c. sifted powdered sugar
M&M's peanuts, gumdrops, jelly beans and M&M's candies

In a large mixer bowl, beat margarine for 30 seconds. Add sugar and ½ teaspoon of salt. Beat until fluffy. Add egg and vanilla. Beat well. Gradually beat in flour until well mixed. Shape dough in 1-inch balls. Press a piece of the candy in center of each. Shape dough around candy. Place 2 inches apart on ungreased cookie sheet.

Bake at 350° for 15 minutes. Place powdered sugar in plastic bag. Add 2 or 3 balls at a time and shake gently.

Barbara Potvin

DOUBLE CHOCOLATE DREAM COOKIES

2 ¼ c. flour
½ c. cocoa
1 tsp. baking soda
½ tsp. salt
1 c. butter, softened
1 c. packed brown sugar
¾ c. sugar
2 eggs
1 tsp. vanilla
1 (12 oz.) pkg. semi-sweet chocolate morsels

In a small bowl, combine flour, cocoa, baking soda and salt; set aside. In a large mixer bowl, beat butter, brown sugar and granulated sugar until creamy. Add eggs, 1 at a time, beating well after each addition. Blend in chocolate morsels. Drop by rounded measuring tablespoonful onto ungreased cookie sheets. Bake 8 to 10 minutes, until cookies are set. Let stand 2 minutes. Remove from cookie sheets; cool.

June Raymond
Deceased Member

SUGAR COOKIES

2 eggs
2 c. sugar
¾ c. melted shortening
1 c. milk
1 Tbsp. lemon and vanilla
2 tsp. baking soda
2 tsp. cream of tartar
4 c. flour

Roll out and bake at 375° for 15 minutes.

Bea Daigle

OATMEAL RAISINS COOKIES

1 c. soft oleo
¼ c. white sugar
¾ c. brown sugar, packed
1 pkg. instant vanilla pudding
2 eggs
1 ¼ c. flour
1 tsp. soda
3 ½ c. quick oats
1 c. raisins

Cream together the first 5 ingredients. Add eggs, flour, soda, oats and raisins; mix together. Drop on ungreased cookie tin. Bake at 375° for 10 to 12 minutes.

Louise M. Cote
Past Regent

BANANA ROLLED OAT COOKIES

1 c. sugar
¾ c. Crisco
1 egg
1 ½ c. flour
½ tsp. soda
¼ tsp. nutmeg
¼ tsp. cinnamon
1 tsp. vanilla
1 c. mashed banana
1 ¾ c. rolled oats
1 pkg. chocolate bits

Cook at 350° for 20 minutes.

D.M.B.

MOLASSES COOKIES

1 c. melted shortening
1 c. sugar
1 c. molasses
1 egg, beaten
¾ c. hot water
4 tsp. soda
5 c. flour
1 tsp. cream of tartar
1 tsp. ginger
1 tsp. cinnamon
1 tsp. salt

Melt shortening. Add sugar and molasses; mix well. Add beaten egg. Dissolve soda in the hot water. Add to the mixture. Add flour, cream of tartar, ginger, cinnamon and salt; mix well. Let set in refrigerator for 2 hours or overnight. Roll out about ¼ inch thick and cut. Bake at 350° for 10 to 12 minutes.

Mary Giberson

SOFT MOLASSES COOKIES

2 ¼ c. flour
1 tsp. ginger
1 tsp. cinnamon
½ tsp. salt
2 tsp. soda
2 Tbsp. hot water
½ c. shortening
½ c. sugar
½ c. molasses
1 egg
6 Tbsp. water

Heat oven to 350°. Sift together the first 4 ingredients. Dissolve soda in hot water (2 teaspoons); stir well and set aside to cool.

Meanwhile, work shortening with spoon until fluffy and creamy. Gradually add sugar and molasses; continue to work with spoon, then stir in egg. Beat well. Add flour, mixing alternately with water. Stir in cooled soda and water. Drop about 2 inches apart on cookie sheet. Cook about 12 minutes or until brown. Makes about 2 dozen.

Dee Hamilton

TOLL HOUSE COOKIES

1 ½ c. flour
1 tsp. soda
1 tsp. salt
1 c. shortening
¾ c. brown sugar
¾ c. white sugar
2 eggs
1 tsp. hot water
1 c. nuts
1 large pkg. chocolate morsels
2 c. oatmeal
1 tsp. vanilla

Mix the flour, soda and salt; set aside. Cream shortening. Add sugar gradually. Add eggs one at a time. Add hot water and then dry ingredients. Add nuts, chocolate morsels and oatmeal. Mix thoroughly. Add vanilla; blend well. Drop from teaspoon onto foil-lined cookie sheet. Bake at 375° for 10 to 12 minutes.

(Butterscotch morsels may be used instead of chocolate.)

Laurie Jamo

CHERRY DELIGHT

Crust:

2 c. graham cracker crumbs
¼ lb. soft margarine
6 Tbsp. sugar

Mix together and line a 9 x 13-inch pan. Bake at 350° for 10 minutes.

Filling:

2 envelopes Dream Whip
1 c. milk
8 oz. cream cheese
1 c. powdered sugar

Prepare Dream Whip and milk. Beat cream cheese and powdered sugar. Fold into Dream Whip. Pour into crust.

Top with cherry pie filling and chill 2 hours before serving.

P.S. Substitute blueberry pie filling for cherry, if desired.

Mae Gallant

CRISPY PEANUT BUTTER COOKIES

1 ⅓ c. sifted flour
½ tsp. salt
½ tsp. soda
½ c. margarine
½ c. crunchy peanut butter
½ c. white sugar
½ c. brown sugar
1 egg
1 tsp. vanilla

Sift flour, salt and soda together. Blend margarine and peanut butter together. Add sugar gradually, mixing until creamy. Add egg and vanilla and beat well. Stir in flour. Form into 1-inch balls. Place on greased baking sheet. Press flat with fork. Bake in moderate oven (350°) for 12 to 15 minutes. Yields 3 dozen.

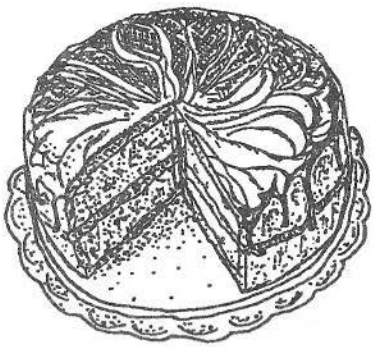
Nellie Purcell
Charter Member

PEANUT BUTTER COOKIES

¾ c. shortening
¾ c. peanut butter
½ c. white sugar
½ c. brown sugar
1 egg
1 ½ c. flour
1 tsp. baking soda

Cream shortening, peanut butter, white sugar and brown sugar together. Add the egg and stir in well. Add flour and baking soda and stir until good consistency. Roll out dough the size of a walnut. Press down with a fork. Bake at 350° for 15 minutes or until a little brown on top.

Gally Osgood



DESSERT PIZZA

1 (20 oz.) pkg. refrigerated cookie dough (any flavor)
3 c. thawed Cool Whip topping
2 c. assorted fruit *
assorted candies and chopped candy bars
dessert topping

*Such as sliced bananas, kiwi, fresh or thawed strawberry slices, halved grapes and drained canned peaches and pineapple.

Heat oven to 350°. Press dough evenly into 12-inch pizza pan. Bake 15 to 20 minutes or until golden brown. Cool in pan on wire rack. Place cookie crust on serving plate.

Spread whipped topping on cookie crust. Garnish with fruit. Serve immediately or refrigerate until ready to serve. Makes 12 servings.

Preparation: 15 minutes.

Darlene Rosebush

APPLE PIZZA

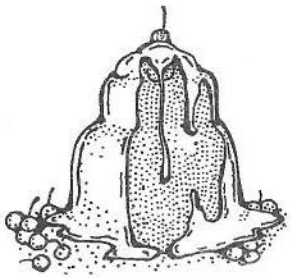
⅔ c. shortening
2 c. sugar
½ tsp. salt
5 to 7 Tbsp. cold water
7 medium, tart apples
½ c. sugar
1 tsp. cinnamon
¼ tsp. nutmeg
¾ c. flour
½ c. sugar
½ c. margarine

Cut shortening into 2 cups flour and salt. Add water. Press into pizza pan.

Thinly sliced apples; mix with sugar, cinnamon and nutmeg and spread on pastry crust.

Cut margarine into sugar and ¾ cup of flour; sprinkle over apples. Bake at 450° for 20 to 25 minutes.

Pamela White
Past Regent



RASPBERRY BREAD AND BUTTER PUDDING

5 Tbsp. butter, softened
12 slices day-old, good quality white bread, crust trimmed
2 c. fresh raspberries, divided
4 large eggs
½ c. granulated sugar
3 c. milk
boiling water
confectioners sugar

Spread butter on bread. Fit 6 slices of bread, buttered side down, in an 11 x 7-inch glass baking dish. Sprinkle 1 cup of berries on top. Layer remaining bread, buttered side down and berries. Whisk eggs with sugar, then milk in a bowl. Pour over bread, pressing gently. Let stand 30 minutes.

Preheat oven to 350°. Place baking dish in a larger pan in oven. Pour boiling water in pan to come 1 inch up sides of dish. Bake 50 minutes or until center is set. Cool on wire rack. Sprinkle with confectioners sugar. Makes 6 servings.

Priscilla Collinsworth
Past Regent

OLD FASHIONED RICE PUDDING

4 c. milk
1 c. original Minute rice
¼ c. raisins (optional)
1 egg, well beaten
1 (4 serving size) pkg. Jell-O vanilla pudding (type you cook)
¼ tsp. cinnamon
⅛ tsp. nutmeg

Combine milk, rice, pudding mix, raisins and eggs in a saucepan; stir over medium heat until mixture just comes to a boil. Cool 5 minutes, stirring twice. Pour into dessert dishes or serving bowl. Sprinkle with cinnamon and nutmeg. Serve warm.

Betty Rush

VERY LOW-SUGAR CUSTARD

2 c. milk
2 eggs, beaten
4 tsp. sugar
1 tsp. vanilla
¼ tsp. salt
6 Tbsp. raisins, pitted dates (12), chopped or 6 Tbsp. pitted and halved prunes

Blend milk, eggs, sugar, vanilla and salt; pour into six 6-ounce greased custard cups. Set custard cups in baking pan on rack in oven and pour about 1 inch of boiling water in pan. Bake at 325° for 40 minutes or until knife inserted in center comes out clean. Cool.

Betty Rush

COFFEE SQUARES

1 c. brown sugar
½ c. shortening
1 egg
½ c. strong instant coffee liquid
1 ½ c. flour
½ tsp. soda
½ tsp. baking powder
½ c. walnuts, chopped

Frosting:

1 Tbsp. butter
1 c. powdered sugar
1 tsp. vanilla
¼ c. instant coffee liquid
nuts (to sprinkle)

Combine all ingredients. Place batter in buttered tin (about 8 or 9-inch square). Bake at 350° for 25 minutes. Frost when cool.

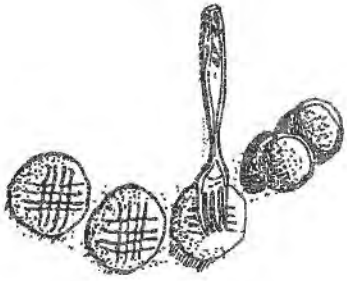
Claire Hatfield
Past Regent, State Regent
Deceased

NOTHING BARS

¼ lb. melted butter or margarine
1 c. crushed graham crackers
1 pkg. (1 ⅓ c.) coconut
1 (12 oz.) pkg. chocolate chips
1 (6 oz.) pkg. butterscotch bits
1 c. broken nuts (walnuts)
1 can sweetened condensed milk

Melt butter in a 9 x 13-inch pan. Spread crumbs over butter. Spread the coconut over crumbs. Spread the chips over coconut, bits over chips and walnuts over bits. Drizzle condensed milk over all. Bake at 350° for 30 to 35 minutes. Cool and cut in small bars. May freeze for later.

Estelle Coon
Deceased



APPLESAUCE SQUARES

2 c. sugar
1 ½ c. Crisco oil
3 eggs, beaten
3 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. vanilla
3 c. applesauce
1 c. chopped nuts
¾ c. coconut

Combine sugar, oil, eggs and vanilla. Combine dry ingredients and add to first mixture. Mix in applesauce, nuts and coconut. Bake at 350° for 45 minutes in an 11 x 15-inch pan.

Frosting:

1 large pkg. cream cheese, softened
1 pkg. confectioners sugar
1 stick oleo, softened

Beat all ingredients together.

Adrienne Thompson

CHEESECAKE BROWNIES

1 (18 ¼ oz.) pkg. German chocolate cake mix
1 egg, beaten
½ c. butter or margarine, melted
1 c. chopped nuts

Topping:

1 (8 oz.) pkg. cream cheese, softened
1 c. sugar
2 eggs, beaten
1 tsp. vanilla extract

In a mixing bowl, combine cake mix, egg, butter and nuts; mix well. Press into a greased 13 x 9 x 2-inch baking pan; set aside. Combine topping ingredients in another mixing bowl and beat until smooth. Carefully spread over batter. Bake at 350° for 30 to 35 minutes or until golden brown. Cool on a wire rack. Store in the refrigerator. Yields about 2 dozen.

Lorette Gagnon

HEAVENLY BROWNIES

1 ½ c. flour
1 tsp. baking powder
3 sq. chocolate or Nestle Choco Bake (unsweetened, premelted)
1 c. butter
2 c. sugar
3 eggs
2 tsp. vanilla

Frosting:

¼ c. butter
2 sq. chocolate
1 tsp. vanilla
¼ tsp. salt
1 (1 lb.) box confectioners sugar
1 c. mini marshmallows

Brownies: Sift flour and baking powder together. Melt butter and chocolate together. Beat sugar, eggs and vanilla together. Mix chocolate mixture into flour. Add and mix egg mixture; mix well. Add nuts, if desired. Bake in a 9 x 13-inch pan at 350° for 25 to 30 minutes. Cool before frosting.

Frosting: Melt butter and chocolate. Add vanilla, salt and confectioners sugar; beat well. Add marshmallows to frosting mixture last and spread on cooled brownies. Let frosting cool before cutting.

Bernadette Gagnon

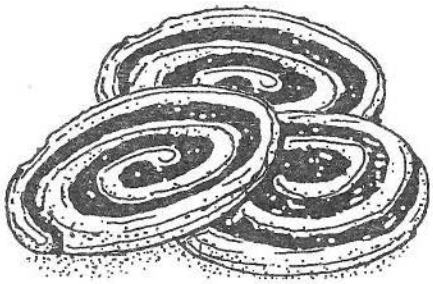
GRAHAM CRACKER BROWNIES

2 c. crushed graham cracker crumbs
½ c. chopped walnuts
1 tsp. vanilla
1 can sweetened condensed milk
¼ tsp. salt
6 oz. semi-sweet chocolate bits

Grease an 8 x 8 x 2-inch pan. Mix cracker crumbs well with other ingredients. Turn in pan. Bake in a 350° oven for about 25 minutes. Cut while warm. Cool in pan.

Don't overcook. Will be chewy.

Nellie Purcell
Charter Member



CHOCOLATE RASPBERRY BROWNIES

1 ⅔ c. (10 oz. pkg.) Hershey's raspberry chips
¼ c. (½ stick) butter or margarine
2 eggs
1 tsp. vanilla extract
1 c. all-purpose flour
½ c. sugar
1 tsp. baking powder

Heat oven to 350°. Grease an 8-inch square baking pan. In medium saucepan, combine raspberry chips and butter. Cook over medium heat, stirring constantly, until melted. Remove from heat. Add eggs and vanilla; stir until well blended. Add flour, sugar and baking powder. Stir until well blended. Spread batter into prepared pan. Bake 25 to 30 minutes or until brownies begin to pull away from sides of pan. Cool completely in pan on wire rack. Cut into bars. Makes about 20 brownies.

Kim Gagnon

PEANUT BUTTER BROWNIES

¾ c. Crisco
2 ¼ c. sugar
¾ c. peanut butter
1 ½ tsp. vanilla
4 eggs
1 ½ c. chocolate bits
¾ tsp. salt
¾ tsp. baking powder
1 ½ c. flour

Combine all ingredients. Bake at 350° for 30 to 40 minutes.

Kim Gagnon

ZUCCHINI BROWNIES

½ c. oil
1 ¾ c. sugar
1 tsp. vanilla
2 eggs
½ c. margarine
2 ½ c. flour
½ tsp. baking soda
½ tsp. baking powder
4 Tbsp. cocoa
½ tsp. cinnamon
½ c. chopped walnuts
2 c. shredded zucchini
½ c. chocolate butter chips

Cream together the oil, sugar, vanilla, eggs and margarine. Add the following 7 ingredients. Pour into greased and floured 9 x 13-inch pan. Sprinkle with ½ cup of chocolate chips. Bake at 350° for 45 to 50 minutes.

Kim Gagnon

APPLE BROWNIES

1 stick margarine, melted
¼ tsp. salt
1 egg
1 c. flour
⅔ c. sugar
3 medium apples, chopped
¼ c. nuts
½ tsp. soda
½ tsp. cinnamon

Mix. Bake at 350° for 40 minutes.

Lillian Nisbett

APPLE BROWNIES

1 stick melted butter
½ c. sugar
½ c. brown sugar, packed
1 egg
1 c. flour
½ tsp. soda
½ tsp. baking powder
½ tsp. cinnamon
2 or 3 diced apples
½ c. chopped nuts

Cream the butter and sugars together, then add in egg until creamy. Add dry ingredients; mix well, then add in diced apples and nuts. Grease and flour a 7 x 11-inch baking pan. Bake at 350° for about 40 minutes.

Karen Ruitto

BROWNIES

2 eggs
1 ¼ c. brown sugar
½ c. flour
½ tsp. vanilla
2 sq. chocolate
½ c. walnuts

Beat eggs slightly and add remaining ingredients; mix well. Bake 20 minutes in a 350° oven or until done.

Mary Farmer Freeman,
Deceased Member
Joanne Farmer,
Past Regent

BROWNIES

1 stick oleo
4 sq. chocolate
2 c. sugar
4 eggs
1 ½ c. flour
2 tsp. vanilla
1 c. walnuts

Melt together oleo and chocolate squares, then add 2 cups of sugar. Add one egg at a time; beat after each one. Add rest of ingredients; spread in a 9 x 12 x 2-inch pan. Bake 25 minutes at 350°.

Luella Michaud

PUMPKIN WHOOPIE PIES

2 c. pumpkin
2 eggs, beaten
1 c. vegetable oil
2 c. sugar
4 c. flour
4 tsp. baking powder
2 tsp. cinnamon
pinch of salt
2 tsp. soda
2 tsp. milk
2 tsp. vanilla

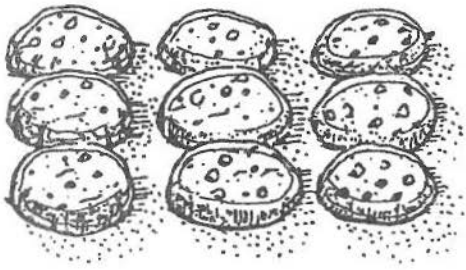
Filling:

1 (8 oz.) pkg. cream cheese
½ c. butter or oleo
1 (16 oz.) pkg. powdered sugar
1 tsp. vanilla

Combine pumpkin, sugar, oil and eggs. Sift flour, baking powder, cinnamon, salt and soda. Add to pumpkin mixture, milk and vanilla. Drop on greased pan. Bake at 350° for 10 to 12 minutes; let cool.

Filling: Cream together until smooth.

Mary Morin



CHOCOLATE REFRESHERS

1 ¼ c. Pillsbury's Best flour
¾ tsp. soda
½ tsp. salt
1 ¼ c. cut dates
¾ c. packed brown sugar
½ c. butter
½ c. water
6 oz. Nestle semi-sweet chocolate bits
2 eggs
½ c. orange juice
½ c. milk
1 c. chopped walnuts

Combine cut dates, brown sugar, butter and water in a saucepan. Cook, stirring constantly, until dates soften. Stir in chocolate bits; blend in egg. Mix well. Add dry ingredients alternately with orange juice and milk; blend thoroughly. Stir in nuts. Spread in greased 15 x 10 x 1-inch pan. Bake at 350° for 25 to 30 minutes. Cool and frost. Makes 3 dozen bars.

Orange Frosting:

1 ½ c. powdered sugar
2 Tbsp. butter
2 tsp. orange rind
2 to 3 Tbsp. orange juice

Combine all ingredients until spreading consistency.

Betty Rush

MARBLE SQUARES

1 (8 oz.) pkg. cream cheese
⅓ c. sugar
1 egg
½ c. margarine
¾ c. water
1 ½ (1 oz.) sq. unsweetened chocolate
2 c. flour
2 c. sugar
2 eggs
½ c. sour cream
½ tsp. salt
1 tsp. soda
1 (6 oz.) pkg. semi-sweet chocolate bits

Combine softened cream cheese and the ⅓ cup of sugar; mix well. Add 1 egg; mix well and set aside. Combine margarine, water and chocolate in a saucepan; bring to a boil. Remove from heat. Stir in combined sugar and flour. Add 2 eggs, sour cream and salt; mix well. Pour into greased and floured 15 ½ x 10 ½-inch pan. Spoon cream cheese mixture over the top. Run a knife through. Sprinkle with chocolate bits. Bake at 375° for 25 to 30 minutes or until done.

Esther Morris
Past Regent

CREME DE MENTHE SQUARES

1 c. sugar
1 stick margarine
3 large eggs
1 tsp. vanilla
1 c. flour
dash of salt
1 (16 oz.) can Hershey's chocolate syrup

Second Layer:

2 c. confectioners sugar
1 stick butter
2 Tbsp. creme de menthe

Third Layer:

6 oz. chocolate bits
6 Tbsp. butter

Combine sugar, margarine, eggs and vanilla; beat until creamy. Add flour, salt and syrup. Pour into greased 9 x 13-inch pan. Bake at 350° for 30 minutes. Cool.

Beat together the second layer ingredients and spread over cooled cake. Refrigerate.

Melt together the chocolate bits and butter; cool slightly and pour over top. Spread to cover creme mixture. Refrigerate to harden before cutting.

Edith Michaud

DOUBLE DELICIOUS COOKIE BARS

½ c. butter
1 ½ c. crushed graham crackers
1 c. sweetened condensed milk
12 oz. chocolate chips
1 c. peanut butter chips

Melt butter in oven in a 9 x 13-inch pan. Sprinkle crumbs evenly over butter. Pour sweetened condensed milk over crumbs. Top with chips and press down firmly. Can add chopped nuts, if desired. Bake 25 to 30 minutes or until lightly browned at 350°.

Nancy Raymond
Regent

FUDGY COCONUT SQUARES

1 c. butter or margarine, softened
1 ½ c. sugar
3 eggs
1 tsp. vanilla extract
1 c. all-purpose flour
¼ c. baking cocoa
½ c. chopped walnuts
1 (14 oz.) can sweetened condensed milk
1 c. shredded coconut

In a mixing bowl, cream the butter and sugar. Add eggs and vanilla; mix well. Combine flour, cocoa and walnuts. Add to the creamed mixture. Spread into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 30 minutes or until a toothpick inserted near the center comes out clean.

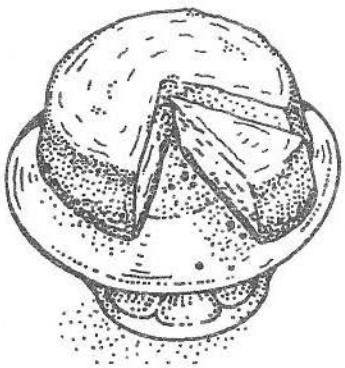
Combine condensed milk and coconut; carefully spread over the hot chocolate layer. Bake at 350° for 20 minutes or until coconut is lightly browned.

Icing:

2 c. confectioners sugar
¼ c. baking cocoa
5 Tbsp. evaporated milk
2 Tbsp. butter or margarine, melted
½ tsp. vanilla extract

Combine icing ingredients until smooth; spread over warm bars. Refrigerate at least 1 hour before cutting. Yields about 4 dozen.

Lorette Gagnon



PUMPKIN SQUARES

4 eggs
1 ⅔ c. sugar
1 c. cooking oil
1 tsp. baking soda
1 tsp. salt
1 can pumpkin
2 c. flour
2 tsp. baking powder
2 tsp. cinnamon

Frosting:

3 oz. cream cheese
½ c. margarine
1 tsp. vanilla
2 c. confectioners sugar

Beat eggs until light. Add sugar, oil and pumpkin and beat until mixed well. Mix dry ingredients together; add to pumpkin mixture and stir well. Bake in a 10 x 15 x 1-inch cookie sheet at 350° for 25 to 30 minutes.

Frosting: Mix ingredients together and beat until well mixed. Cool squares and frost. Cut to desired size.

In memory of mother, Maryanne Michaud.

Bernadette Gagnon

RASPBERRY OATMEAL BARS

1 pkg. yellow cake mix
¾ c. (1 ½ sticks) oleo
2 ½ c. quick cooking oatmeal
1 c. (12 oz. jar) raspberry jam
1 Tbsp. water

Preheat oven to 375°. Melt oleo. Combine dry cake mix and oats in a large bowl. Stir in the melted oleo until mixture is crumbly. Measure half of crumb mix (about 3 cups) into a greased 9 x 13-inch pan, pressing firmly to cover bottom.

Combine jam and water and spoon over crumb mix evenly. Spread rest of crumb mixture over the jam. Bake for 20 minutes. Top should be very light brown. Cool completely and cut into bars. Store in airtight container. Yields about 4 dozen bars.

(Other jams can be substituted in same amounts.)

Eunice Page

DATE SQUARES

Squares:

1 ¼ c. oatmeal
1 ½ c. flour
1 c. brown sugar
½ c. margarine
¼ tsp. soda

Filling:

1 pkg. dates, cut up
½ c. sugar
1 Tbsp. cornstarch
½ c. hot water
1 tsp. vanilla

Mix oatmeal, flour, brown sugar, margarine and soda with hands. Put half of mixture in a 9 x 13-inch pan. Cook dates, sugar, cornstarch, hot water and vanilla on stove until thick. Pour filling over bottom crust in pan. Cover with the other half of crumb mixture. Bake at 350° for 30 minutes.

Elizabeth "Lizzie" Surrette
Deceased Member

LEMON SQUARES

½ c. butter
¼ c. sugar
1 ½ c. flour
1 tsp. soda
dash of salt
1 can lemon filling
meringue or Cool Whip

Meringue:

3 egg whites
½ tsp. cream of tartar
4 tsp. sugar

Mix the first 5 ingredients together and spread in an 8 x 8-inch pan; bake at 375° for 10 minutes. Add lemon filling.

Meringue: Beat egg whites and cream of tartar well until fluffy. Gradually add (sprinkle) sugar. Top squares with meringue and brown about 5 to 8 minutes at 425°.

D.M.B.

FROSTED COFFEE BARS

½ c. butter
½ c. brown sugar
1 egg
½ c. hot coffee
1 ⅔ c. sifted flour
½ tsp. salt
½ tsp. cinnamon
½ tsp. baking powder
½ tsp. soda
½ c. chopped raisins
½ c. walnuts
½ tsp. vanilla

Icing for Bars:

1 ½ c. confectioners sugar
2 Tbsp. butter
½ tsp. instant coffee
1 tsp. vanilla
3 tsp. hot coffee

Cream together the butter and brown sugar. Beat in egg, then hot coffee. Mix and sift together the flour, salt, cinnamon, baking powder and soda. Stir into creamed mixture. Add raisins, walnuts and vanilla. Spread in greased pan (10 x 15-inch). Bake at 350° for 15 to 20 minutes. Cool.

Icing: Blend the sugar, butter and coffee, cutting butter with fork. Add vanilla and hot coffee to make frosting of spreading consistency. Cut into squares or bars.

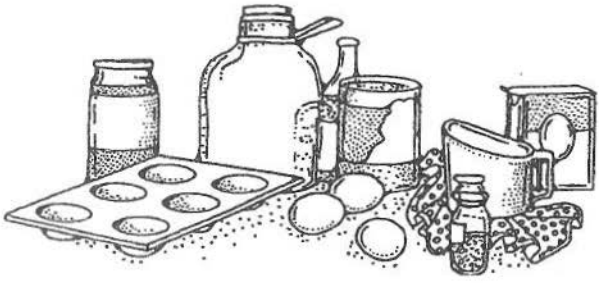
Maude Gallant
Charter Member

GRAHAM CRACKER SQUARES

2 beaten eggs
1 c. sugar
⅔ c. butter or margarine
2 ¾ c. graham cracker crumbs
½ c. walnuts
½ pkg. miniature marshmallows

Cook the eggs, sugar and butter in top of double boiler for 25 minutes. Cool and blend all ingredients. Pack in greased pan and refrigerate. Cut.

Lorraine Morin



BANANA CREAM BROWNIE SQUARES

¾ c. dry roasted peanuts, chopped and divided
1 (15 oz.) pkg. brownie mix
3 medium bananas
1 ¼ c. cold milk
1 (5.1 oz.) pkg. instant vanilla pudding
1 (8 oz.) container frozen whipped topping, thawed and divided
9 strawberries
1 (1 oz.) sq. unsweetened baking chocolate or Hershey's syrup

Preheat oven to 350°. Chop peanuts. Prepare brownie mix according to package directions. Stir in ½ cup of chopped peanuts. Pour into a 9-inch square baker. Bake 24 to 27 minutes. Cool completely. Slice 2 bananas using an egg slicer. Layer over brownie.

In small bowl, whisk pudding mix into milk. Beat until mixture just begins to thicken. Fold in 2 ½ cups of whipped topping. Quickly spread pudding mixture over sliced bananas. Refrigerate 30 minutes. Sprinkle remaining ¼ cup peanuts over pudding mixture. Put remaining whipped topping into a cake decorating bag.

To serve, cut into squares; pipe with whipped topping. Using cheese grater, grate chocolate over dessert or drizzle with Hershey's syrup. Slice remaining banana and strawberries using egg slicer. Top each square with banana and strawberry slices. Yields 9 servings, approximately 497 calories and 21 grams of fat per serving.

Kim Gagnon

CHOCOLATE BARS

1 c. corn syrup
1 c. peanut butter
1 c. brown sugar
4 c. Rice Krispies
12 oz. chocolate chips
6 oz. butterscotch chips
½ bar wax

Melt the corn syrup, peanut butter and brown sugar, then add Rice Krispies. Place in a 9 x 13-inch pan. Refrigerate and cut in bars. Drop bars in melted chips and wax.

Lorraine Morin

CRANBERRY DATE BARS

12 oz. fresh or frozen cranberries, thawed
18 oz. chopped dates
2 Tbsp. water
1 tsp. vanilla
2 c. flour
2 c. old-fashioned oats
1 ½ c. packed brown sugar
½ tsp. baking soda
½ tsp. salt
1 c. butter or margarine, melted

Glaze:

2 c. confectioners sugar
2 to 3 Tbsp. orange juice
½ tsp. vanilla

In a covered saucepan over low heat, simmer cranberries, dates and water for 15 minutes, stirring occasionally until the cranberries have popped. Remove from heat; stir in vanilla and set aside.

In a large bowl, combine the flour, oats, brown sugar, baking soda and salt. Stir in butter until well blended. Pat half into a 13 x 9 x 2-inch pan. Bake at 350° for 8 minutes. Spoon cranberry mixture over crust. Sprinkle with the remaining oat mixture. Pat gently. Bake at 350° for 25 to 30 minutes or until browned. Cool.

Combine glaze ingredients; drizzle over bars. Makes 3 dozen.

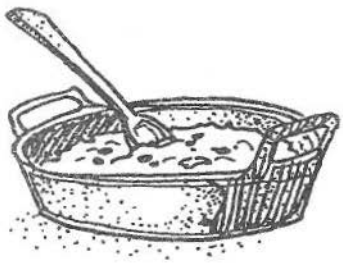
Esther Morris
Past Regent

CONGO SQUARES

1 pkg. brown sugar (2 ½ c.)
2 eggs
1 c. oil
1 c. warm coffee
1 tsp. vanilla
1 tsp. salt
1 tsp. soda
3 c. flour

Top with chocolate chips and bake at 350° for 30 minutes.

Adrienne Thompson



APPLE BARS

1 c. flour
½ tsp. salt
½ tsp. baking soda
½ c. brown sugar, packed
1 c. rolled oats
½ c. butter or margarine
2 ½ c. sliced apples
¼ c. white sugar
1 Tbsp. cinnamon

Sift flour, salt and soda together. Add brown sugar and rolled oats. Cut in margarine until crumbly. Spread half of mixture in a greased 7 x 11-inch pan. Add apples. Sprinkle with white sugar. Add remaining mixture. Bake at 350° for 40 to 45 minutes.

CARAMEL NUT BARS

1 c. quick oats
1 c. brown sugar
1 c. flour
¾ c. butter, melted
½ tsp. baking soda
¼ tsp. salt
1 (14 oz.) pkg. caramels
⅓ c. milk
1 c. (6 oz.) chocolate chips
½ c. chopped nuts

Combine the first 6 ingredients; sprinkle 1 cup into a greased 13 x 9 x 2-inch baking pan (do not press). Bake at 350° for 10 minutes.

In the top of a double boiler over boiling water, cook and stir caramels and milk until caramels are melted. Pour over crust. Top with chocolate chip mixture. Bake at 350° for 10 minutes. Cool on a wire rack. Refrigerate to set the caramel. Yields 3 dozen.

Jean Daigle

COFFEE BARS

1 lb. brown sugar
2 eggs, beaten
1 c. vegetable oil
1 c. strong coffee, cooled
1 tsp. vanilla
3 c. flour
1 tsp. soda
12 oz. chocolate bits
1 c. chopped nuts

Mix the first 5 ingredients together. Sift the flour and soda into mix. Stir together. Spread in an 11 x 15-inch ungreased cookie pan. Cover with chocolate bits and nuts. Bake at 350° for 30 minutes.

Louise M. Cote
Past Regent

CHOCOLATE PEANUT BUTTER CRISPY RICE BARS

¼ c. butter
1 (10 oz.) pkg. (about 40 regular) marshmallows or 4 c. miniature marshmallows
6 c. chocolate rice cereal
1 c. peanut butter chips
½ c. chopped peanuts (if desired)

Grease a 13 x 9-inch pan. In a large saucepan, melt butter and marshmallows over low heat, stirring occasionally. Remove from heat; stir in cereal, peanut butter chips and peanuts until well coated. Press mixture into a prepared pan. Cool and cut into bars. Makes 36 bars.

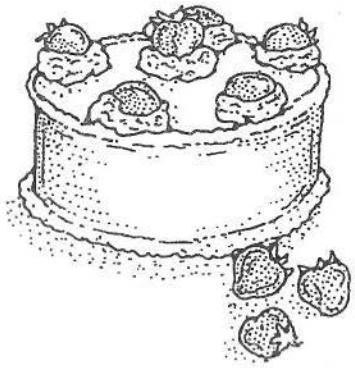
Jean C. Daigle

COFFEE BARS

1 lb. brown sugar
2 eggs
1 c. salad oil
1 c. warm coffee
1 tsp. vanilla
1 tsp. soda
1 tsp. cinnamon
3 c. flour
¾ c. chopped nuts
1 (12 oz.) pkg. chocolate chips

Cream the sugar and eggs. Add oil, coffee, vanilla, soda, cinnamon and flour. Mix well. Pour into 2 well-greased 9 x 13-inch pans. Bake at 325° to 350° for 25 minutes.

Kathleen Albert
Past Regent



MONADNOCK BARS

1 c. cut up dates
1 c. boiling water
1 tsp. soda
1 c. shortening
½ c. granulated sugar
½ c. brown sugar
2 eggs
1 tsp. vanilla
1 ¾ c. flour
¼ c. cocoa
½ tsp. salt

Topping:

1 c. chocolate bits
1 c. chopped nuts

Mix dates, boiling water and soda. Allow to cool. Cream the shortening. Add vanilla and salt. Add sugars gradually. Add eggs, one at a time, beating well. Add flour and cocoa. Turn into a 9 x 13-inch pan.

Top with chocolate bits and nuts. Bake in a 350° oven for 30 minutes. Cool in pan.

Judy Davis

COFFEE TOFFEE BARS

Bars:

2 ¼ c. flour
½ tsp. baking powder
¼ tsp. salt
1 c. oleo
1 c. brown sugar
1 egg
1 tsp. almond extract
2 Tbsp. coffee
1 c. semi-sweet chocolate bits
½ c. almonds

Glaze:

1 Tbsp. soft butter
¾ c. powdered sugar
¼ tsp. almond extract
1 to 2 Tbsp. milk

Cream together the oleo and brown sugar. Blend in egg, almond extract and coffee. Add dry ingredients and mix well. Stir in chocolate bits and almonds. Press into greased 15 x 10 x 1-inch pan and bake at 350° for 20 to 25 minutes.

Mix glaze ingredients into spreading consistency and frost while warm.

Sandra Linehan

LOW CALORIE DESSERT

angel food cake (½ of baked or small one you buy)
3 small pkg. fat-free, sugar-free vanilla pudding
4 bananas
2 small cans orange slices
1 large can pineapple
1 pt. strawberries, sliced
2 large tubs lite or fat-free Cool Whip
½ c. chopped walnuts (for top)

Use a large bowl; a clear bowl looks great!

Tear angel food cake into bite size chunks. Layer cake, pudding, bananas, oranges, pineapple, strawberries and Cool Whip. Repeat layers. Sprinkle nuts on top. Refrigerate until ready to serve.

Priscilla Collinsworth
Past Regent

EVELYN LABUN'S MOLASSES COOKIES

½ c. oleo
½ c. sugar
1 tsp. cinnamon
2 tsp. soda
1 egg
1 c. molasses
¾ tsp. cloves
½ tsp. salt
1 Tbsp. lemon juice
3 ½ c. sifted flour
½ tsp. ginger
⅓ c. boiling water

Cream the shortening and sugar. Beat in egg. Add molasses and lemon juice; blend well. Add mixed and sifted dry ingredients to creamed mixture. Add boiling water. Mix and chill thoroughly. Drop by teaspoon on greased cookie sheet. Sprinkle with sugar. Bake in moderate oven (375°) for 8 to 10 minutes.

Evelyn Labun
Deceased

RHUBARB CRUMBLE

4 c. rhubarb
1 c. sugar
½ pkg. strawberry Jell-O
1 pkg. Jiffy yellow cake mix
1 c. boiling water
3 Tbsp. oleo

Cut rhubarb small in a 9 x 13-inch pan. Sprinkle sugar and Jell-O over rhubarb. Add cake mix over that. Pour over all the boiling water. Drizzle oleo on top. Bake at 350° for 1 hour.

Louise M. Cote
Past Regent

FRUIT COCKTAIL SQUARES

2 ¼ c. flour
1 ½ c. sugar
½ tsp. salt
2 eggs
1 ½ tsp. soda
1 tsp. vanilla
1 medium can fruit cocktail

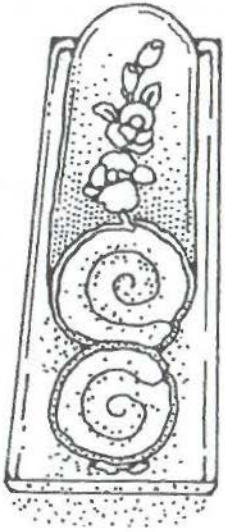
Topping:

¾ c. confectioners sugar
½ c. butter
¼ c. canned milk

Mix all ingredients. Put into a greased cookie sheet. Just before putting in the oven, sprinkle top with ½ cup of coconut and ½ cup of nuts. Cook at 350° for 20 to 25 minutes. Put topping on while still warm, not hot.

Combine all topping ingredients and bring to a boil; stir 2 minutes. Cool. Put on squares.

Juliett Duprey



BEVERAGES MICROWAVE & MISC.

Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

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COFFEE MOCHA

½ c. instant coffee
½ c. sugar
1 c. Cremora
3 pkg. hot chocolate or your favorite flavor cocoa mix

Mix ingredients together; blend a little at a time in a blender or all at once in a food processor for 5 seconds.

You may want to vary different amounts of sugar, Cremora and cocoa mix.

Use 3 teaspoons of mix per cup of boiling water.

Pamela White
Past Regent

ICED MOCHA BEVERAGE

2 c. milk
⅓ c. chocolate syrup
1 Tbsp. instant coffee

In a shaker jar, mix all ingredients. Cover tightly and shake well. Pour over crushed ice in small glasses. Top with ice cream, if desired. Makes 4 servings.

Judy Albert

SPICED TEA

1 pkg. presweetened lemonade
1 1˚/2 c. Tang
½ c. instant tea
1 tsp. ground cloves
1 tsp. cinnamon
¾ c. sugar

Mix well. Use 2 teaspoons per cup of boiling water.

Bonnie Betts
Past Regent

SANGRIA

½ c. sugar
2 oz. brandy (bourbon)
1 qt. bottle dry Chianti (red wine; to triple recipe, use 3 liters)
1 c. club soda
1 apple, orange, lemon

Cook water and sugar over low heat, stirring to make a syrup. Place sliced lemon, orange and apple in warm syrup from 2 to 4 hours. Pour syrup, fruit and brandy over ice in a large pitcher. Add wine and soda. Stir and serve immediately.

Teresa Surrette

JEAN'S PUNCH

3 oz. pkg. cherry gelatin
1 c. boiling water
6 oz. can frozen lemonade concentrate
3 c. cold water
32 oz. cranberry juice cocktail, chilled
28 oz. ginger ale

Dissolve gelatin in boiling water. Stir in lemonade concentrate. Add 3 cups of cold water and cranberry juice. Place 2 trays of ice cubes or molded ice ring in a large punch bowl. Pour punch over ice. Slowly pour in ginger ale.

Teresa Surrette

LEMONADE

5 lemons
5 limes
5 oranges
3 qt. water
1 ½ to 2 c. sugar

Squeeze the juice from 4 lemons, limes and oranges. Pour into a gallon container. Thinly slice the remaining fruit and set aside for garnish. Add water and sugar to juices; mix well. Refrigerate. Serve on ice with fruit slices. Makes about 1 gallon.

Nancy Raymond
Regent

TROPICAL SUMMER PUNCH

1 (20 oz.) can pineapple chunks
1 (12 oz.) can frozen orange juice, thawed
1 (6 oz.) can limeade, thawed
1 qt. ginger ale, chilled
1 qt. cranberry juice, chilled
2 c. (16 oz.) apple juice, chilled
1 pkg. frozen strawberries
1 lemon, thinly sliced

Combine pineapple chunks (undrained), orange juice and limeade concentrate in a punch bowl. Add 2 orange juice cans of water. Pour in the ginger ale, cranberry juice and apple juice. Float frozen strawberries and lemon slices on top. Makes about 4 ½ quarts.

Nancy Raymond
Regent

PUNCH

2 (12 oz.) cans frozen orange juice
6 c. cold water
3 qt. ginger ale
orange sherbet (floating on top)

Adrienne Thompson

PARTY PUNCH

1 (46 oz.) can pineapple juice
1 (6 oz.) can frozen orange juice
½ c. powdered sugar
¼ c. fresh lemon juice
1 large bottle ginger ale

Have all juices chilled. Combine pineapple and orange juices; melt powdered sugar in lemon juice and add. Add ginger ale just before serving. Makes 2 ½ quarts.

St. Anne's Circle #545

MOCK CHAMPAGNE

4 c. sugar
4 c. water
4 c. grape juice or pineapple juice
2 c. orange juice
8 pt. chilled ginger ale

Boil sugar and water for 3 minutes and cool. Add the juices and chill. Just before serving, add chilled ginger ale. Makes 50 servings.

St. Anne's Circle #545

COFFEE LOVERS' FREEZE

¾ c. sugar
1 ½ c. milk
1 ½ c. cold coffee
1 tsp. vanilla
2 c. whipping cream

In heavy saucepan, combine sugar and milk; bring to a boil, stirring until sugar is dissolved. Remove from heat; let stand until cool. Combine milk mixture, coffee, vanilla and 1 cup whipping cream; mix well. Pour mixture into loaf pan and freeze until slush consistency, about 1 to 2 hours. Beat remaining whipping cream until stiff peaks form; do not overbeat. Just before serving, stir slush mixture; spoon into dessert dishes, filling ⅔ full. Top with whipped cream. Makes 12 (½ cup) servings.

St. Anne's Circle #545

AMARETTO SLUSH

1 c. sugar
4 ½ c. water
1 (6 oz.) can frozen lemonade concentrate, thawed and undiluted
1 c. Amaretto
lemon-lime carbonated beverage, chilled
maraschino cherries (optional)

Combine sugar and water in a saucepan, stirring well. Bring to a boil, stirring until sugar dissolves. Reduce heat and simmer 15 minutes. Combine sugar mixture, lemonade and Amaretto; stir well and freeze mixture overnight. Break frozen mixture into chunks. Scoop into glasses, filling ⅓ to ½ full. Add carbonated beverage; stir until slushy. Top each serving with a cherry, if desired. Yield: 7 ½ cups.

St. Anne's Circle #545

CRANBERRY PUNCH

2 qt. cranberry juice
1 (46 oz.) can pineapple juice
1 c. bottled lemon juice
2 qt. ginger ale

Chill all ingredients before combining. Combine juices; add ginger ale last. Serve immediately after adding the ginger ale. If desired, omit 1 quart ginger ale and add a bottle of gin, vodka or light rum.

St. Anne's Circle #545

WEDDING PUNCH

2 ½ c. pineapple juice, chilled
1 pt. lime, lemon or raspberry sherbet
1 pt. vanilla ice cream
1 (12 oz.) bottle ginger ale or Seven-Up

Combine pineapple juice, sherbet and ½ of ice cream. Beat until smooth. Add Seven-Up or ginger ale. Spoon remaining ice cream into punch. Serve immediately. Yields 14 (½ cup) servings.

St. Anne's Circle #545

PEANUT BRITTLE
(Microwave)

1 c. peanuts
1 c. sugar
⅛ tsp. salt
½ c. white corn syrup
1 tsp. butter
1 tsp. vanilla
1 tsp. baking soda

Stir peanuts, sugar and salt; add syrup in 1 ½ quart glass bowl. Microwave on High 7 to 8 minutes; stir well after 4 minutes. At end of 8 minutes, add butter and vanilla. Blend well. Return to microwave and cook on High 1 or 2 minutes more. Remove from oven and add baking soda. Stir until light and foamy. Pour immediately on greased cookie sheet. Cool 30 to 60 minutes. Break into pieces and store in airtight container.

St. Anne's Circle #545

MICROWAVE FUDGE

1 c. cocoa
2 lb. 10x sugar
½ c. homogenized milk
2 sticks margarine
2 tsp. vanilla
½ to 1 c. chopped nuts (optional)

Sift cocoa and sugar in a large mixing bowl. Add milk and lay margarine sticks on top. Do not stir. Cook on High for 6 minutes. Remove from microwave and stir thoroughly. Add vanilla flavoring and nuts. Stir until well mixed. Pour onto buttered platter. Cool in refrigerator for 1 hour. Cut and serve. Do not double this recipe.

St. Anne's Circle #545

MICROWAVE PEANUT BUTTER FUDGE

4 c. sugar
1 can evaporated milk
1 c. margarine
1 pkg. peanut butter chips
1 (7 ½ oz.) jar Marshmallow Fluff
1 tsp. vanilla
1 c. nuts

Mix sugar, milk and butter in a large microwave-safe bowl. Cook for 25 minutes on High, stopping every 5 minutes to stir. At the end of 25 minutes, remove and add peanut butter chips, Fluff, nuts and vanilla. Beat well and pour into a 13 x 9-inch buttered pan.

Kim Gagnon

RHUBARB JELLY

5 c. rhubarb, cut into 1-inch pieces
1 c. drained pineapple (crushed)
4 c. sugar
1 (6 oz.) pkg. strawberry jello

In kettle, combine rhubarb, pineapple and sugar. Stir and let stand ½ hour. Slowly bring to a boil and let cook 12 minutes, stirring often to prevent sticking. Remove from heat; mix in gelatin and stir until dissolved. Pour jam into hot glasses and cover with paraffin.

Caroline Beaulieau
Deceased

OYSTER CRACKER SHAKES

1 (12 to 16 oz.) pkg. tiny oyster crackers
¾ c. Crisco oil
1 pkg. Hidden Valley Ranch dressing (use dry)
1 tsp. dill weed

In plastic bag, mix oil, dill weed and dressing. Add crackers and shake well until crackers are well coated. Store in airtight container. Serve with soup, salads or alone.

Betty Rush

INDEX OF RECIPES

Appetizers, Relishes & Pickles

Bread and Butter Pickles 6
Burpless Freezer Pickles 5
Cinnamon Dip 2
Corn Relish 6
Crunchy Cheese Ball 3
Easy Pickled Beets and Eggs ... 6
Gainor's Crabbies 7
Green Tomato Pickles 5
Lula Paste 3
Marie Lyons' Pickled Beets 4
Mary Macdonald's Green Tomato Pickles 1
Mary Macdonald's Mustard Pickles 1
Mexican Deviled Eggs 8
Roasted Red Pepper and Onion Dip 3
Salsa 4
Shrimp Dip 2
Spinach Dip 2
Stuffed Mushroom Caps 7
Taco Dip 2
Winter Relish 8

Soups, Salads & Sauces

Autumn Soup 16
Barbecue Sauce 23
Barbecue Sauce 24
Bean Salad 9
Broccoli Cheese Soup 18
Broccoli Salad 19
Champagne Salad 10
Cheese Soup 16
Cherry Salad 10
Chili Soup 22
Clam Sauce 19
Coca-Cola Salad 22
Cranberry Jell-Mold 12
Cranberry Salad 14
Cranberry Salad Mold 20
Crunchy Tossed Salad 11
Fish Chowder 15
Frozen Salad 12
Fruit Salad 21
Galliano Barbecue Sauce 23
Ham Vegetable Chowder 18
Hamburger Soup 17
Hearty Minestrone 15
Italian Sauce 23
Italian Spaghetti Sauce 24
Kitchen Sink Salad Dressing .. 14
Lemon Sauce 24
Lime Salad 13
Low-Fat Gravy 18
Marie Lyons' Jellied Pineapple and Carrot Salad 14
Medway's Coleslaw From K.F.C. 10
Million Dollar Rice Salad 21
Orange Jello Delight 21
Oven Chowder 17
Pear Salad 13
Pear Salad 19
Pesto 19
Poppy Salad 12
Potato-Dill Soup 17
Pretzel Salad 9
Salad 20
Seafood Chowder 22
Seven Layer Salad 11
Spaghetti Salad 13
Watergate Salad 20

Meats & Main Dishes

Baked Salmon 38
Beef Nacho Casserole 34

Beef Teriyaki 32
Beef With Sour Cream 47
Best Ever Meat Loaf 38
Broccoli Pie 49
Broccoli, Ham and Cheese Casserole 47
Broiled Salmon Steak 38
Calzone 46
Campbell's No Guilt Chicken Pot Pie 33
Chicken and Stuffing Casserole . 31
Chicken Casserole 26
Chicken Dish 32
Chicken Fajita Pizza 36
Chinese Casserole 33
Chinese Chicken 40
Corned Beef Casserole 41
"Cut-Tor" 37
Dynamite Rolls 25
Filet Of Sole With Crabmeat . . 39
Hawaiian Meat Balls 45
Homemade Macaroni 41
Hunting Camp Suey 42
Italian Beef 47
Italian Beef Stew 35
Italian Pot Roast 40
Kentucky Fried Chicken 29
Kielbasa 43
Lasagne Roll-Ups 28
Layered Mexicana Casserole . . . 36
Manicotti 48
Meat Balls In Sweet Clove Sauce 45
Meat Loaf 37
Meat Loaf 41
Meatballs 27
New England Boiled Dinner . . . 33
Old Time Beef Stew 34
One Dish Chicken and Rice Bake 26
Pasta De Shuto 43
Pizza Casserole 42
Pork Chop Roast 28
Pork Chops With Rice 28
Pork Tenderloin With Stuffing . 27
Quick and Easy Chili 39
Rinette's Goulash 29
Roasted Pork Loin or Tenderloins 27
Salisbury Steak Deluxe 25
Salmon Caesar 49
Sausage-Tomatoes and Peppers . 50
Seven Layer Casserole 35
Shrimp and Cheese Casserole . . 48
Shrimp Scampi 48
Spaghetti Sauce With Sausage and Meat Balls 44
Spinach Fettuccine Carbonara . 50
Spinach Quiche 50
Sweet and Sour Chicken 30
Sweet and Sour Chicken 30
Sweet-Sour Pork Sausage Balls . 46
Swiss-N-Chicken Casserole 31
Tasty Teriyaki Chicken 26
Tomato Pie 49
Tuna, Noodles and Peas Casserole 40
Turkey 'N Stuffing Casserole . . 31
Turkey Noodle Casserole 32

Vegetables

Boston Baked Beans 57
Broccoli Bake 53
Broccoli Bake 53
Broccoli Casserole 53
Broccoli Casserole 55
Chuck Wagon Beans 54
Creamy Scalloped Potatoes 52
Crock-Pot Cabbage Rolls 57
Eleanor's Cheese and Mushroom Bake 54
Fried Zucchini or Eggplant . . . 51
Honey Glazed Brandied Carrots 56

Italian Style Zucchini 56
Parmesan Baked Potatoes 52
Rice Casserole 54
Russian Scalloped Potatoes 55
Stuffed Cabbage Bundles 58
Sweet Potato Casserole 52
Vidalia Casserole 51
Zucchini and Tomato 56

Breads, Rolls & Pastries

Angel Biscuits 79
Apple Crumble Pie 67
Banana Bread 72
Banana Bread 73
Banana Nut Bread 72
Banana Tea Bread 72
Batter For Onions, Chicken and Fish 79
Bernice's Biscuits 78
Biscuits 78
Biscuits 78
Blueberry Muffins 75
Coffee Cake 61
Crustless Pumpkin Pie 66
Donkey Balls 63
Double Layer Pumpkin Pie 64
Drop Doughnuts 60
French Doughnuts 59
Fresh Strawberry Pie 67
Gingerbread 70
Jewish Coffee Cake 62
Key Lime Pie 66
Mini-Morsel Muffins With Crumb Topping 77
Monkey Bread 69
Monkey Bread 70
Mother's Custard Pie 66
Mother's Dinner Rolls 68
Never Fail Doughnuts 59
Oatmeal Bread 70
Oatmeal Bread or Rolls 69
Old Fashioned Applesauce Muffins 75
Pancakes 60
Pancakes 60
Peanut Butter Pie 64
Peanut Butter Pie 65
Pecan Pies 65
Pumpkin Bread 71
Pumpkin Chocolate Chip Muffins 74
Pumpkin Impossible Pie 65
Pumpkin Muffins 74
Rhubarb Bread 71
Scones 63
Shredded Wheat Bread 73
Sophie's Bread 69
Sour Cream Coffee Cake 62
Squash Muffins 76
Streusel Coffeecake 61
Sugar Doughnuts 59
Sugar-Free Applesauce Raisin Muffins 76
Sugar Pie 65
Sweet Rolls 68
Wild Blueberry Muffins 77
Zucchini Bread 71
Zucchini Bread or Muffins 73

Cakes, Cookies & Desserts

Anna Curley's Nells 105
Apple Bars 132
Apple Brownies 122
Apple Brownies 122
Apple Pizza 116
Apple Upside-Down Cake 87
Applesauce Squares 119
Banana Cream Brownie Squares 130
Banana Rolled Oat Cookies . . 113
Beat and Eat Frosting 85
Blueberry Cake 94
Blueberry Cake 95
Brown Sugar Fudge 82
Brownies 122

INDEX OF RECIPES

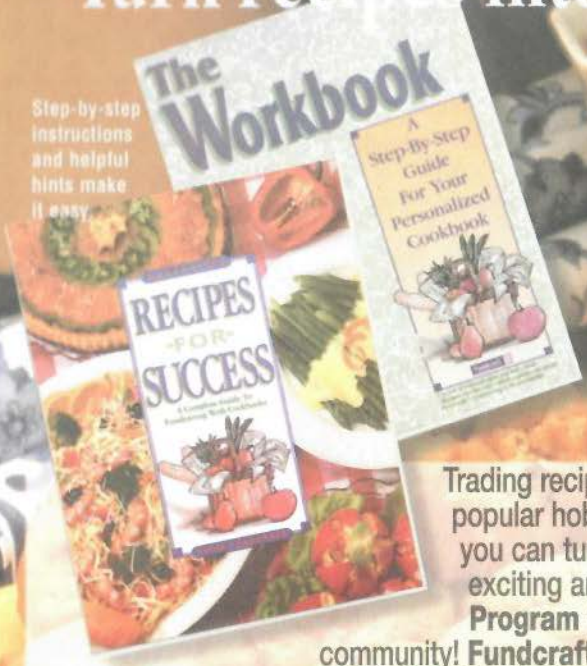
Brownies 123
Butter Balls 101
Buttercream Frosting 85
Caramel Nut Bars 132
Caramel Oatmeal Chewies ... 104
Cheese Cake 96
Cheesecake Brownies 119
Cherry Delight 114
Cherry Winks 109
Chocolate Bars 130
Chocolate Caramel Candy ... 100
Chocolate Cookie Sandwiches . 109
Chocolate-Peanut Butter Balls 102
Chocolate Peanut Butter Crispy Rice Bars 133
Chocolate Raspberry Brownies 121
Chocolate Refreshers 124
Chocolate Zucchini Cake 89
Chomeur' Cake 88
Cinnamon Chocolate Cake 82
Club Cookies 106
Coconut Balls 110
Coffee Bars 132
Coffee Bars 133
Coffee Squares 118
Coffee Toffee Bars 134
Congo Squares 131
Cow Pies 99
Cracker Jacks 101
Cranberry Date Bars 131
Crazy Cake 89
Creme De Menthe Squares ... 125
Crispy Caramel Popcorn 101
Crispy Peanut Butter Cookies . 115
Date Cake 96
Date Drops 107
Date Squares 128
Dessert Pizza 116
Divinity Fudge 84
Double Chocolate Dream Cookies 112
Double Delicious Cookie Bars . 125
Dreamy Cake Dessert 95
Dump Cake 91
Easy Red Velvet Cake 97
Evelyn Labun's Drop Cookies . 108
Evelyn Labun's Molasses Cookies 135
Fat-Free Carrot Cake With Cream Cheese Frosting 90
Fiddlehead Cake 93
Flour Fudge 85
Frosted Coffee Bars 129
Fruit Cake 88
Fruit Cocktail Cake 93
Fruit Cocktail Squares 136
Fudge Frosting 86
Fudgy Coconut Squares 126
Gingerbread Men 111
Graham Cracker Brownies ... 120
Graham Cracker Dessert 81
Graham Cracker Squares 129
Grammie Toussaint's Tarts .. 110
Heavenly Brownies 120
Ice Cream Dessert 102
Ice Cream Dessert 103
Lemon Lush 99
Lemon Squares 128
Leona Morin's Marmalade Cookies 105
Lottie Butter Frosting 86
Low Calorie Dessert 135
Luscious Lemon Poke Cake ... 98
Ma's Oatmeal Fill Cookies ... 106
Marble Squares 124
Mayonnaise Cake 87
Million Dollar Fudge 84
Molasses Cookies 113
Monadnock Bars 134
Never Fail Chocolate Cake 87
No-Bake Cookies 105
Nothing Bars 118
Oatmeal Raisins Cookies 112
Old Fashioned Rice Pudding . 117

Peanut Butter Balls 102
Peanut Butter Brownies 121
Peanut Butter Cookies 107
Peanut Butter Cookies 115
Peanut Butter Fudge 83
Peanut Butter Fudge 83
Peanut Butter Oatmeal Fudge . 83
Penuche Fudge 84
Pineapple Cheese Cake 98
Pineapple-Cherry Cake 89
Pineapple Drop Cookies 108
Pumpkin Chip Cookies 110
Pumpkin Squares 127
Pumpkin Whoopie Pies 123
Raspberry Bread and Butter Pudding 117
Raspberry Oatmeal Bars 127
Rhubarb Crumble 135
Scottish Shortbread 103
7 Minute Fudge 85
Sheet Cake 86
Sinful Apple Walnut Cake 88
Snickerdoodles 103
Soft Chocolate Drop Cookies . 109
Soft Molasses Cookies 113
Strawberry Rhubarb Cake 92
Sugar Cookies 112
Surprise Snowballs 111
Thimble Cookies 104
Toll House Cookies 114
Very Low-Sugar Custard 117
Vina Levasseur's Crunch Cake . 81
Waldorf Red Chocolate Cake .. 94
Watergate Cake 92
Whiskey Cake 91
Zucchini Brownies 121
Zucchini Peanut Butter Cookies 106

Beverages, Microwave & Miscellaneous

Amaretto Slush 140
Coffee Lovers' Freeze 140
Coffee Mocha 137
Cranberry Punch 140
Iced Mocha Beverage 137
Jean's Punch 138
Lemonade 138
Microwave Fudge 141
Microwave Peanut Butter Fudge 142
Mock Champagne 139
Oyster Cracker Shakes 142
Party Punch 139
Peanut Brittle 141
Punch 139
Rhubarb Jelly 142
Sangria 138
Spiced Tea 137
Tropical Summer Punch 139
Wedding Punch 141

Turn recipes into dough!



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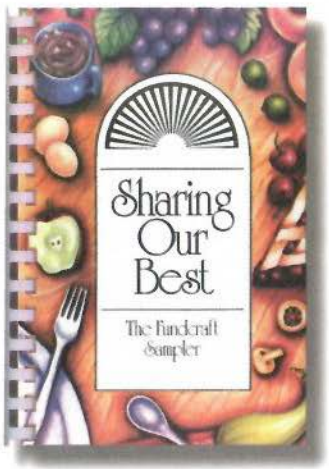

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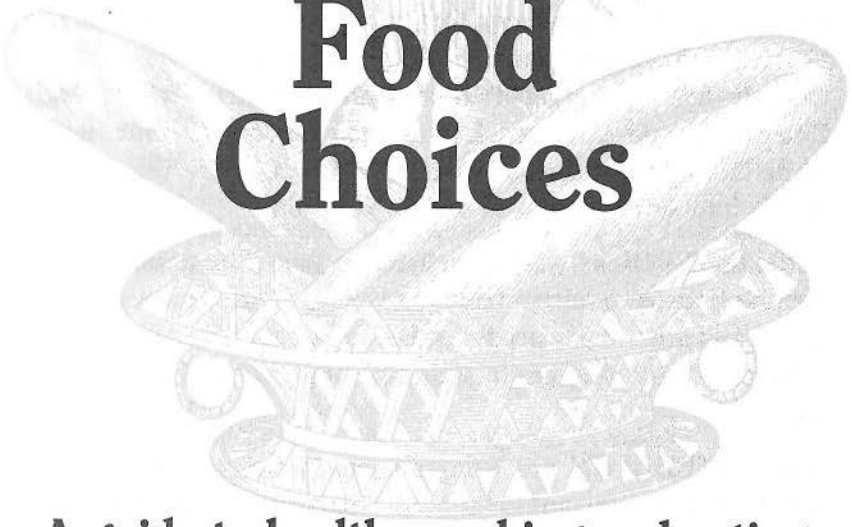
Making The Right Food Choices



A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.

Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/ crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.

How to Pick What's Good for Your Diet
Formula % of calories from fat:
(Grams of Fat) x 9/(Calories per serving)=
(Percent of calories from fat)

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling water or in consommé.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; if skin is tough, pare. Cut in 1/2 inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered, without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

A "*QUICK*" Summary Of

DILL — Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL — Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

MARJORAM — May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

TARRAGON — Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

CURRY POWDER — A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.

CHIVES — Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.

SAGE — Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued

continued...

CARAWAY Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.

PAPRIKA A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

BASIL Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

OREGANO Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

BAY LEAF A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

GINGER An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

CHERVIL Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

SHALLOTS Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

VINEGAR Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1⅛ inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheesecake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 avg. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (Cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsweetened)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 small	129
Bran Muffin	1 medium.	106
Cornbread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice.	60
French Bread	1 small slice.	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	1/2 cup	45
Cantaloupe Melon	1/2 melon large	60
Cherries, fresh/whole	1/2 cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsweetened)	1/2	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

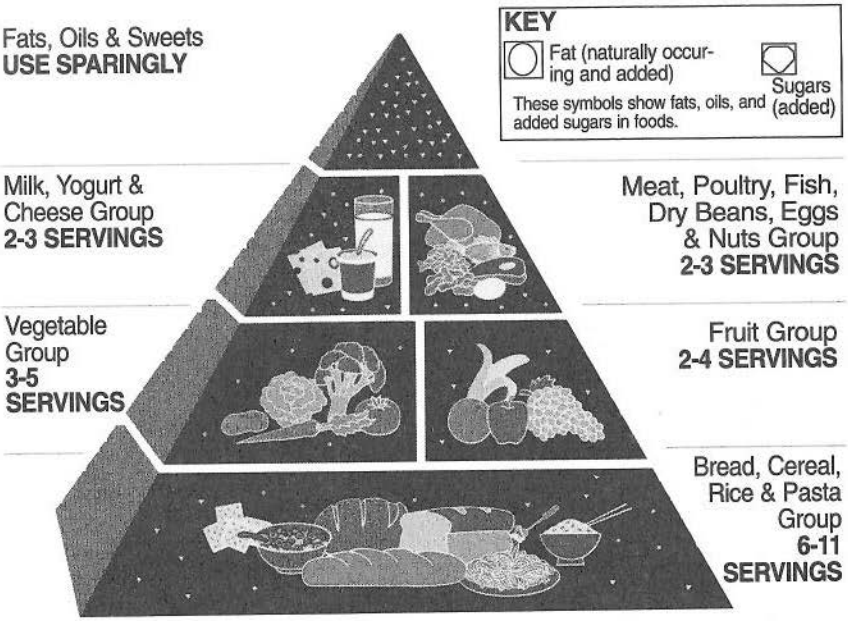
MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (avg. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (broiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 1/2 ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 1/2 ounces	340
Pot Roast (round)	3 1/2 ounces	200
Rib Roast	3 1/2 ounces	260
Rump Roast	3 1/2 ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 1/2 ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and carrot (no dressing)	1/2 cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/ French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	1/2 cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	1/2 cup	184
Waldorf (no dressing)	1/2 cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Food Guide Pyramid
A Guide to Daily Food Choices



How to Use The Daily Food Guide

What counts as one serving?

Breads, Cereals, Rice and Pasta
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables
1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits
1 piece of fruit or melon wedge

Milk, Yogurt and Cheese
1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets
LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

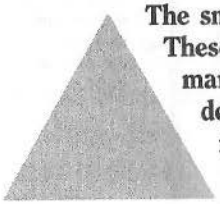
How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

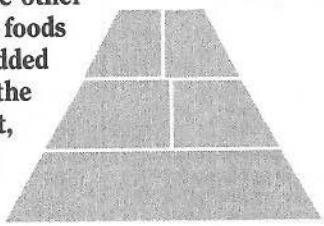
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3 g	**15%**
Cholesterol 30 mg	**10%**
Sodium 470 mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • **Vitamin C 2%**
Calcium 20% • **Iron 4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate • Protein

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

The New Food Label - What to Look For

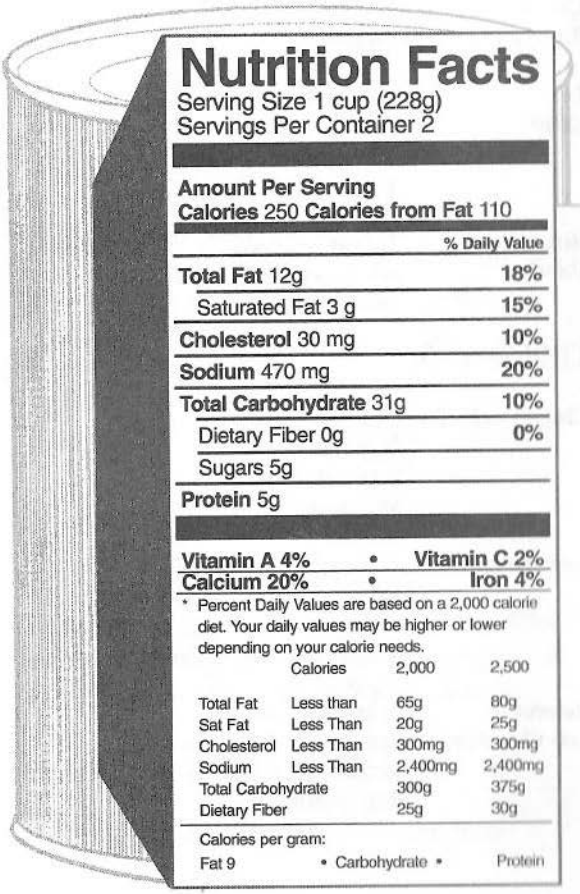
The new food label can serve as an important guide to better nutrition, but only if you use it.

What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet. Now it's easier than ever to eat healthy - just read the label.



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Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate • Protein

Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

SUGAR

Sugar Free	Less than 0.5 grams per serving.	No added sugar Without added sugar No sugar added	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

CALORIES

Calorie Free	Fewer than 5 calories per serving.	
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.	
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories

CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.

FAT	
Fat Free	**Less than 0.5 g of fat per serving.**
Saturated Fat Free	**Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.**
Low Fat	**3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.**
Low Saturated Fat	**1 g or less per serving and not more than 15% of calories from saturated fatty acids.**
Reduced Fat Less Fat	**At least 25% less per serving than reference food.**
Reduced or Less Saturated Fat	**At least 25% less per serving than reference food.**
SODIUM	
Sodium Free	**Less than 5 mg per serving.**
Low Sodium	**140 mg or less per serving or per 50 g of food.**
Very Low Sodium	**35 mg or less.**
Reduced or Less Sodium	**At least 25% less per serving than reference food.**
FIBER	
High Fiber	**5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.**
Good Source of Fiber	**2.5 g to 4.9 g of fiber per serving.**
More or Added Fiber	**At least 25% more fiber than reference food.**

Appetizers, Relishes & Pickles

Soups, Salads & Sauces

Meats & Main Dishes

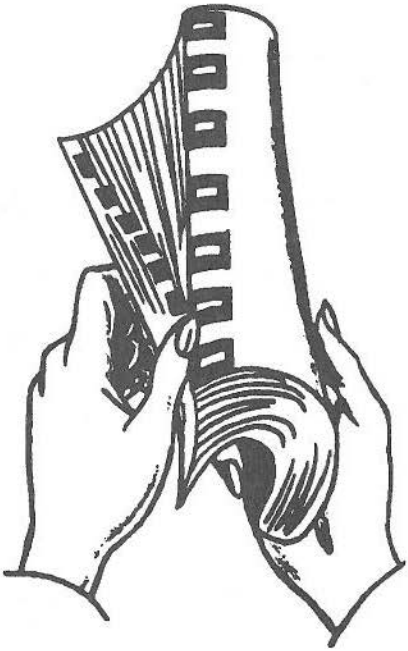
Vegetables

Breads, Rolls & Pastries

Cakes, Cookies & Desserts

Beverages, Microwave & Misc.

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.



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